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Yes, 911 speaks your language

MULTICULTURALISM

If the polyglots at the call centre can't help, they know what to do


Lucie Edwardson
 Metro | Calgary

Handling 3,500 calls a day in a city that welcomes many non-English-speaking newcomers has presented a linguistic challenge for Calgary 911 operators.

According to Calgary 911, of their 300 call-takers there are 20 who speak two or more languages, seven tri-lingual call-takers and one call-taker who speaks seven languages. In total, they have 25 different languages covered.

Calgary 911 commander Richard Hines said he's had the privilege of listening to many calls answered in different languages by his staff.

He recalls one instance in which an

25

Languages spoken by Calgary 911 operators

operator was able to step in to help a Spanish caller.

"In seconds we were able to have one of our call-takers who speaks Spanish on the line," he said. "You could hear the difference in the lady's voice when she was able to tell us exactly what was wrong. The comfort that creates is amazing."

When there isn't someone who speaks the caller's language on staff, they rely on a language service, Hines explained. Last year they utilized the service roughly 2,000 times out of the 1.2 million calls answered.

Hines remembers one caller who spoke Wolof, a language Hines had never heard of before.

"Being able to connect to someone who speaks that language through the language line is unbelievable," he said.

Hines said that, through education at schools and elsewhere, they're hoping non-English-speaking Calgarians will learn one line that can assist 911 operators to help them.

"Teaching them to say, 'I speak Punjabi' or 'I speak Cantonese,' that's all they have to do, and we are off and running," he said.

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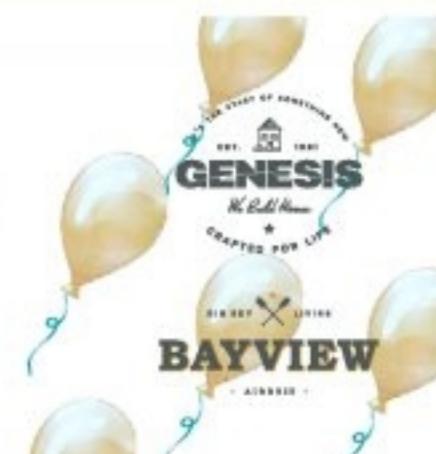
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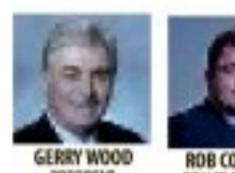
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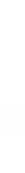
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Whooping for joy

Whooping cranes faced extinction in the mid-1900s, but the population has been restored with the help of the Calgary Zoo. Dr. Sandie Black offers insight into the zoo's conservation efforts behind the scenes.



Mathew Silver
For Metro | Calgary

Whooping cranes nearly vanished in the mid-1900s.

Since then, the population has stabilized with the help of the Calgary Zoo and several other conservation centres across North

America. So much so, that they were honoured by the Association of Zoos and Aquariums with the North American Conservation Award.

But what is it that made the program so successful?

Dr. Sandie Black, head of veterinary services for the Calgary Zoo, said that the secret to success is twofold.

"Some of it is careful resource management... the second part is those organizations working for the better good," she said.

Dr. Black said that the science of breeding has evolved since the '50s and '60s, and the Calgary Zoo has helped to develop artificial insemination techniques and have pushed the science of the captive breeding of the species.

The Calgary Zoo is largely responsible for maintaining a healthy breeding population, and sending the eggs down to their partners in the United States to be hatched and reintroduced into society.

The zoo displays couple three-year-old female cranes on display at the zoo. Dr. Black calls them her hippie birds – Sunflower and Moonbeam. The rest of the cranes are kept and closely monitored at Devonian Wildlife Conservation Centre just south of Calgary, for a total of 22 birds.

The birds at the conservation centre are managed carefully through the

winter and spring, and experience a mini-migration from one pen to another. This small movement is enough to prep their hormones for mating season.

According to Dr. Black, like people the whooping cranes need to have some chemistry.

Mating behaviour involves some dancing and a call in unison. This ramps them up hormonally and allows for an output of fertile eggs.

Once the birds have mated, their eggs are sent down to the United States to several partner conservation centres. From there, the cranes are hatched and reintroduced into new populations.

The first is the Eastern Migratory Population, where the birds are brought to Wisconsin in the fall and migrate to Florida.

The second is what's known as a resident population in Louisiana, where the birds don't migrate.



FEATHERED FACTS

Once threatened to go the way of the dodo, whooping cranes are on the rise. Here are some facts about the remarkable birds.

Population up by hundreds

Named for their calls, whooping cranes are growing stronger in number – increasing from only 21 birds in 1941 to well over 364 in 1997.

Fly high, stand tall

Whooping cranes are North America's tallest birds, up to 1.5 metres tall.

Zoo celebrities

The Calgary Zoo is the first in Canada to display whooping cranes.

Bills to bank on for food

Whooping cranes use their bills to search for and gobble up plants, shellfish, insects, fish and frogs.

Following the current

When flying, they glide up and down hot air currents on a journey of 4,000 kilometres twice a year.

Whooping crane's natural habitat. JENNIFER FRIESEN / FOR METRO

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Students plan peaceful protest

EDUCATION

Organizers say they've been mistreated by administration

 **Lucie Edvardson**
Metro | Calgary

The students of Jack James High School will be invoking their right to peacefully assemble Monday in protest to what they're calling "ongoing breaches of respect, basic human and civil rights and freedoms of the students."

Caitlin Krause, a Grade 12 student at Jack James, said the catalyst for the protest was a fight that took place at Forest Lawn High School the first week of school, resulting in multiple suspensions, and one expulsion. The students believe this was unfair, as many of those suspended were bystanders.

But, Krause said that was just the straw that broke the camel's back, and that students have had



Students will be gathering Monday at Jack James High School to protest what they're calling ongoing breach of respect and civil rights of students. WIKIMEDIA COMMONS

ongoing issues with the school.

"The school administration isn't handling the situation well at all," she said.

Krause outlined several other issues that were also sent to Metro in a letter from "concerned students."

Students said issues included degrading comments from administration, enforcing a dress code not in the handbook, un-

“There's not a lot of learning going on at Jack James right now.”

Shannon Pedlar

just punishments and denying students the opportunity to speak in their defense — to name a few.

Metro asked to speak directly with a Calgary Board of Education representative and was instead sent an emailed statement, stating they were aware of the situation and that the school had been working with parents and students.

"However, this is a matter related to disciplinary actions," said the CBE. "To protect student privacy, we will not be providing comment on any of the specific individuals involved or any actions."

Kaitlin Bruce, one student involved in the fight who was later suspended, said she's one student who wasn't able to tell her side of the story, and said administration shut her down when she tried.

"My suspension was fair because I was involved in the fight," she said. "But, when I tried to

explain my side of the story I was told not to say anything at all because it would just make my punishment worse."

Shannon Pedlar, Krause's mother, said she's proud of how the students are peacefully protesting. She said following the fight in early September she witnessed some "inappropriate" behaviour by one school administrator in speaking with a student, proving to her the student concerns weren't unfounded.

But, Pedlar said she hopes these issues are resolved quickly.

"I'd like them to be able to focus on their studies and not random chaos," she said. "They need to get control over this. There's not a lot of learning going on at Jack James right now."

The CBE said if students and their families have concerns about disciplinary actions or issues at their school, the CBE has a formal concerns and complaints process accessible online.

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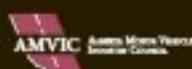
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POLITICS

Councillors to review campaign ethics

The campaign trail is a long and winding road, and can be hard to navigate for some — especially when it comes to municipal politics.

Rules drafted by administration could dictate how councillors interact with the public in and outside of election times; drawing some clear lines of etiquette and ethics.

Coun. Ward Sutherland, who asked administration to draft the rules, said it's about time the city update some of

their documents, because without regulations in place, or clear language, there's lots up for interpretation.

The guidelines dictate councillors to give each other a heads up if they're going to specific community events, and give a heads up if campaigning outside their ward. They aren't to help constituents outside of their ward with issues and they can't use city funded materials to campaign.

"They're not restrictive, it's

just protocol — common courtesy we should be doing," said Sutherland.

"This is very clear-cut, and if you go outside of the guidelines and it's brought to the adviser's attention, you really don't have any excuse, and you need to rectify your behaviour."

Coun. Sean Chu, who has been criticized publicly for blurring lines and door knocking outside of his ward, said he doesn't think it's a big deal.

"I'm losing Hidden Valley and Country Hill to Ward 3. If Jim Stevenson wants to run I'd say, 'Jim, do whatever necessary for the next campaign,'" said Chu.

"But that's just me."

He said now he forwards any inquiries directed at him to the correct ward office, he has separate campaigning materials and makes sure constituents know he's on the campaign trail.

HELEN PIKE / METRO CALGARY



Tanya Hope, City of Calgary Parks Ecologist, and Adrian Nelson, The Fur-Bearers wildlife conflict manager, explain why there's a wire box around a pipe along the pathway system in Griffith Woods (it's to stop beavers from making dams).

HELEN PIKE / METRO

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City: Beaver population worth a dam

BIODIVERSITY

Calgary parks working to co-exist with wildlife

Helen Pike
Metro | Calgary

Calgary's beavers don't give a damn — they build. But sometimes their instincts can land residents in high water.

Instead of treating them as pests, the city has a new approach: co-existing with the troublemakers.

This summer, residents in Discovery Ridge had trouble with their wild neighbours causing flooding and chomping down trees. So the City of Calgary is working with partners like the Fur-Bearers and Miistikis Institute to mediate the mess.

Basically, conservationists are teaching the city and nearby municipalities how to install piping and other devices to keep water flowing. This will help the city with their new mandate to co-exist with beavers.

"Beavers are really busy, but they're not the smartest of creatures," said Adrian Nelson, a wildlife conflict manager with Fur-Bearers. He explained that beavers' dams are deemed complete once they stop hearing the

sound of flowing water. "We're OK having a bit of a dam here, but we can't have the flooding. What it really is, is a large pipe going through the dam."

Nelson said creating these measures keep the beavers in the area, but mitigates risk of floods. It's a long-term solution that helps beavers move on from a home that's not ideal.

"There's a reason beavers are there in the first place...until you address that, you're going to continue to have beavers in the area," said Nelson, adding that some people's response to beaver populations is getting rid of them by trapping or shooting. "We actually find people have more problems when that happens."

The City of Calgary is in the midst of counting beavers families as a lot has shifted since the 2013 flood. They've also been cataloguing the condition of beaver-proof tree wire and replacing it as needed.

+ FURRY FACTS

- Beavers are beneficial for the city's environment.
- There are more than 20 beaver lodges along the Bow River; that number excludes parks.
- The city is recognizing biodiversity is important, and beavers are part of that.



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More and more men are coming to realize something that women have long been aware of. Appearance does matter! It's been clinically proven that in our society physical appearance has a large impact on how we are perceived by others. A large body of research has documented that individuals perceived to be attractive receive preferential treatment, and it goes beyond romantic encounters. Studies have shown that men who are above average in attractiveness earn more money than those with an average appearance and that those with below average looks are penalized with the lowest hourly wages.

Please don't shoot the messenger, gentlemen! Societal changes of this day and age are putting pressure on older men in the workforce as well. Working later in life means competing with younger men, but unfortunately, along with the wisdom, experience and accomplishments that come along with getting older, there are changes that occur in a man's outward appearance. These changes can make a male appear tired, anxious, or angry and affect the way he is perceived.

Today's men are waking up to high-tech grooming!

Medical Aesthetics opens up a whole new world of possibilities for a man to mobilize every personal asset in order to compete more effectively. Any treatment that can be done for

a woman can be done for a man, but let's talk about two solutions that are especially popular with our male clientele.

As we age we develop wrinkles and lines that eventually become permanently etched in our features. They result from animating the face. We frown, we raise our eyebrows in surprise or joy, we smile, we squint, and we pucker our lips. Animation of the face is, of course, a good thing. The deep lines that result, however, can make a man look angry or stressed out when he is actually relaxed and happy.

A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crowsfeet around the eyes as well as frown lines and horizontal lines in the forehead. Neuromodulators that are currently in use include Botox®, Dysport® and Xeomin®. Relaxing muscles in the face with Neuromodulators is the most utilized cosmetic treatment in the world and men everywhere are doing it.

As we age we also lose fat on our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes that result in eye circles that may or may not be dark in appearance. We also lose volume in other areas of the face. This lost volume allows the face to fall and contributes to the

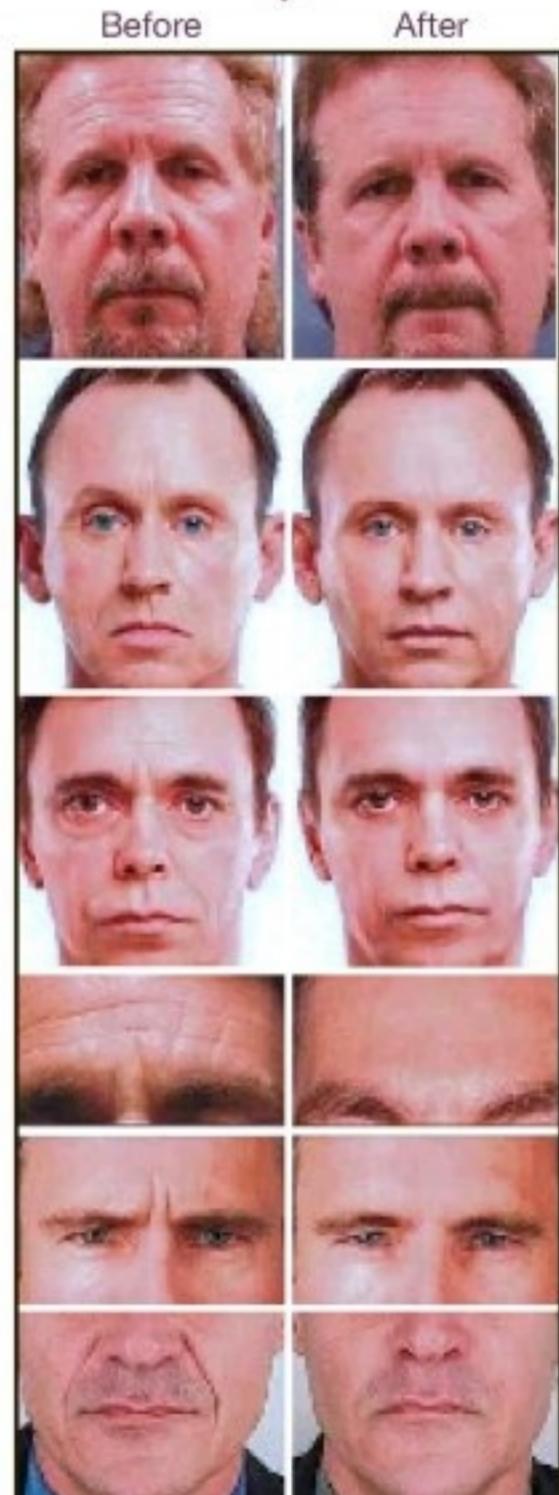
appearance of the deep folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

Lost volume in the face is easy to replace with dermal fillers! This popular procedure can restore the contours and shape your face had when you were younger. Fillers can also be used to create volume where it has never existed. A skilled injector is able to place the correct consistency and amount of filler to precisely replace or create volume to the areas of the face that can benefit.

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Crossing closure 'baffling' choice

TRAFFIC

Inglewood, Ramsay link is 'vital': Resident



**Helen
Pike**
Metro | Calgary

Ramsay and Inglewood aren't islands, but as the city embarks on several projects in the secluded communities, residents are feeling the walls closing in as roads close up.

The City of Calgary has decided to close 8 Street SE permanently due to a city-wide initiative to cut down on at-grade crossings where vehicles, bikes and pedestrians might come across a CP Rail train.

"There's a lot of unintended consequences of the closure," said resident Peter Rishaug. "When we talk about the closure of a vital link between the two communities in the north

side it becomes a very great concern, because there's so many people that use it."

Coun. Gian-Carlo Carra said it's a shame the closure to the historic connection between Inglewood and Ramsay is coming to a head quickly — but he knew it had to close. In conversations with CP Rail, the company has made it apparent they can ask for, and want the crossing closed.

"I think the conversation has to turn to what are our alternatives ... we need a grade-separated connection that is delivered around the same time that 8th closes," said Carra.

Sean Somers, spokesman for Calgary Transportation, said the road isn't considered busy; counts suggest only 3,000 cars cross the tracks at that point daily.

"The next best option is to simply close the road, and that's what we're going to do," Somers said, noting there wasn't another feasible option to re-route traffic because of land constraints.

"It's around risk management ... avoiding interactions the best we can is the safest option."

Somers said he's not aware of any plans for other at-grade crossings in the area, adding for other rail crossings the situation is a little different: They are single entry and exit points to residential areas.

But 8 Street SE isn't the only way in and out.

There are alternative routes to Ramsay that don't include a rail crossing. Carra noted, however, for connectivity reasons regarding all transportation modes, the communities simply don't have enough links.

Rishaug said traffic counts don't address traffic community members see when a Flames game is on, or the Stampede is in full swing, or when there's emergencies in the community.

"Cutting it off is against the city's own policies promoting connectivity of pedestrians and cyclists to the river banks — it's not just cars," Rishaug said. "It's just baffling to me."



The at-grade rail crossing at 8 Street SE, where Inglewood and Ramsay are linked. The City of Calgary plans to close the road based on safety concerns. JOSIE LUKEY/FOR METRO

BOWNESS Parents refunded for trip

**Lucie
Edwardson**
Metro | Calgary

The father of a Bowness High School Grade 12 student, whose class trip to Vimy Ridge was cancelled, said he's happy with how the school has handled things.

Jason Jolicoeur expressed frustration to Metro last week after the trip, planned for nearly a year, was cancelled because the CBE decided to continue their France and Belgium travel ban when "the French government elected to extend the nationwide state of emergency until late January 2017."

Jolicoeur said although upset by the missed opportunity for his daughter, he's been happy with how the school has dealt with the situation, fully refunding families and communicating with him directly, even if he disagrees with the CBE decision.

The father said it's still frustrating there are no alternatives available for Grade 12 students.

"For the younger students there are still other opportunities to travel as a class, but the Grade 12s are out of luck," he said.



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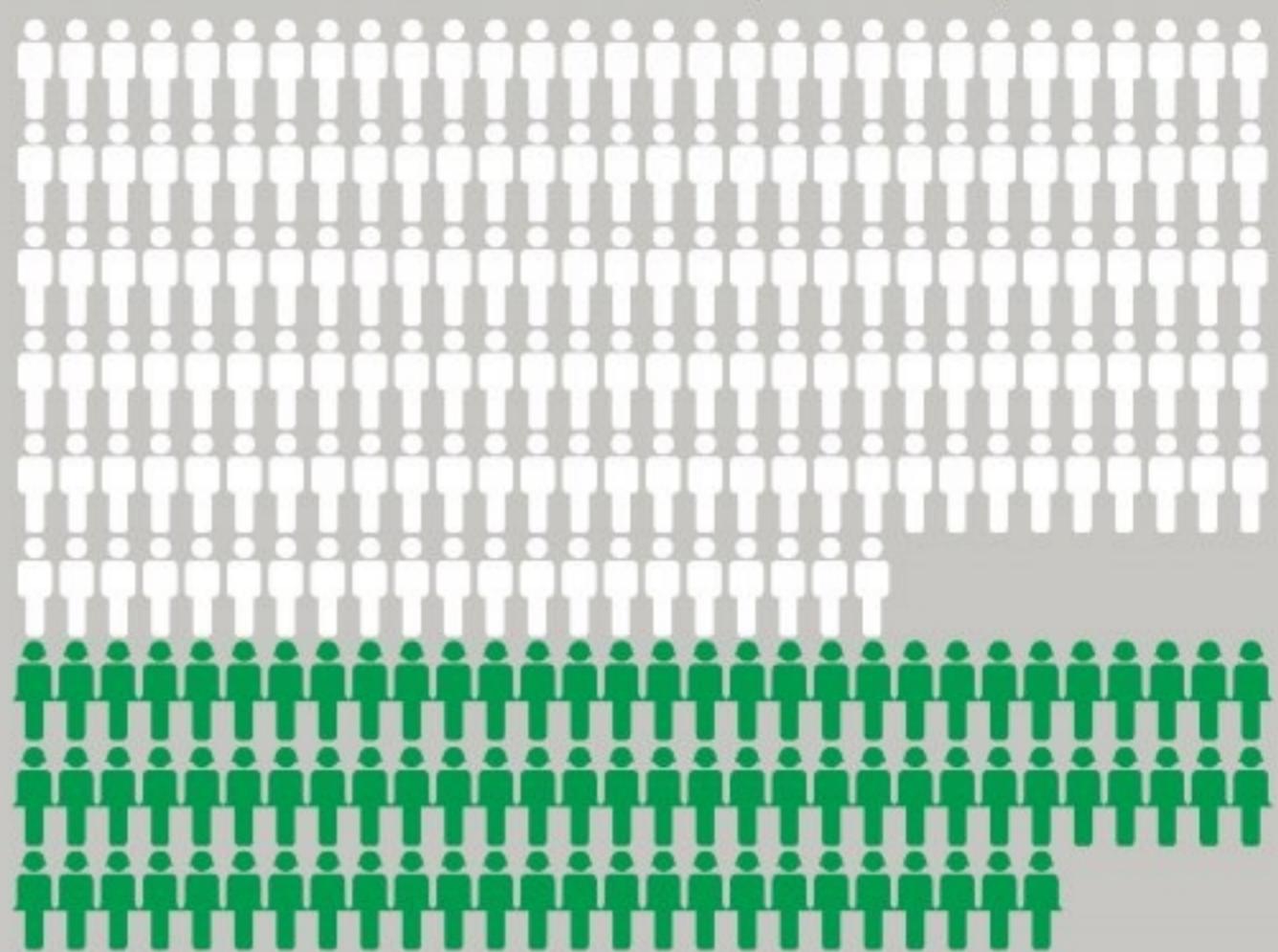
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BY THE NUMBERS | Board equality

Metro looked at 30 boards where the province appoints a significant amount of the membership. They have a combined 256 seats available and of those 85 are filled by women, 171 by men.

171
are filled
by men

85
are filled
by women



Province's boards fall short in diversity

REPRESENTATION

Metro analysis shows work to be done



Alberta's publicly appointed boards, commissions and councils are largely male and largely white, according to a Metro analysis.

Metro looked at 30 of the province's boards and commissions, focusing on agencies where the government appoints

a large portion of board members.

While this list is not exhaustive, of the 256 board seats Metro analyzed, just 85 are filled by women, a ratio of just 33 per cent.

Of the 256 seats, only a small handful are filled by visible minorities as well.

Finance Minister Joe Ceci told Metro this is why the government has set up a website where people can put their name forward for appointments.

"We want board to reflect Alberta today, not the Alberta of the past," he said. "We want average Albertans to care about their community frankly, who might not have thought this is

an option to step up and serve."

Among the boards were diversity appears to be lacking is the Safety Codes Council, which has nine members and no women. The Alberta Transportation Safety Board has 25 members and six women, and the New Home Warranty Program has 12 members and one woman.

Ceci said that's an example where more diversity would make the program better.

"Obviously, men aren't solely the ones who are involved in that picture, particularly for a couple who are buying a home," he said.

He said bringing more diversity is not just about better

representation, either.

"The decisions are better. They are more in tune with what the broad societal needs are," he said.

Lana Cuthbertson, chair of Equal Voice, a group that encourages women to run for elected office, said they've also been concerned about getting women onto boards.

She said Ceci's move is a step in the right direction, but the government will also have to seek out qualified women and encourage them to get involved.

"It definitely can't hurt to try and open up the process a little bit," she said. "I'd be curious to see what their next steps might be."

ECOLOGY

Sniffer dogs get the jump on invasive weeds

Alberta's sniffer dogs are on the hunt for a new target.

The "weed" the members of Alberta's Conservation K-9 Unit are nosing about for won't be found hidden in a suitcase at the international airport, but in Calgary's Fish Creek Provincial Park.

"They're not looking for drugs or guns or alcohol," said Cindy Sawchuk, head of the program and a dog handler herself.

The dogs involved in the Fish Creek pilot project have previously sniffed out destructive aquatic invasive species, such as zebra mussels, that get attached to boats and can choke out native species.

The K-9 program is branching out into invasive weed detection and the dogs are being trained to sniff out the plant *Thesium arvense*. It's a perennial herb native to central China and central Europe

if it's possible to train them to detect another odour ... a terrestrial weed that the only known location of is Fish Creek Provincial Park," said Sawchuk.

After eight days of training, it appears the dogs are having success and will probably start their new jobs next spring.

The dog's findings will help park staff map areas in which the plant is present and provide data to make decisions on control options. THE CANADIAN PRESS

Planned parks damaged by vehicles

WILDLIFE

Study shows that 'a lot of restoration is required'

Research suggests two parks proposed for the southwestern corner of Alberta are already so heavily used they're becoming useless to the grizzly bears they

are supposed to protect.

Analysis of the latest satellite imagery suggests less than half of the proposed Castle Wildland Park has enough undisturbed habitat to support the bears. Almost none of a provincial park planned for the same area has any secure habitat left, despite the region being considered a key link for grizzlies between British Columbia and Montana.

"It's great that the government of Alberta is turning this into a

special place with two parks," said Wynet Smith of Global Forest Watch, which conducted the study. "But it's evident from the data that there's a lot of restoration required."

The Castle-Crown wilderness is home to mountains, foothills, forests, rivers and creeks. It has also been logged, mined, drilled and laced with an extensive network of trails for off-road vehicles.

Last year, the NDP government proposed a wildland park and a

200

More than 200 threatened species — from grizzlies and wolverines to bull and cutthroat trout to rare trees — live in the Castle-Crown wilderness.

provincial park in the area. Resource extraction would end, but

the government suggested that off-road vehicles would still be allowed — something permitted in no other provincial park.

Smith began her study to update a 2010 assessment of the region's habitat quality. This time, she was able to use much better satellite imagery. Aerial photography spotted features no bigger than 50 centimetres.

The improved data revealed much more disturbance than previously thought. The photog-

raphy alone revealed an extra 703 kilometres of roads, seismic lines and pipeline right-of-ways.

Alberta Environment Minister Shannon Phillips said the province is still developing management plans for the parks.

"This idea that (off-highway vehicle) use will continue as it has in the past in those areas is just wrong," she said. "If it's not consistent with disturbance limits, it will change."

THE CANADIAN PRESS



Travis Vader's lawyer filed an appeal Thursday to Vader's second-degree murder conviction. AMBER BRACKEN/THE CANADIAN PRESS

COURT

Mistrial motion filed in Vader case

Lawyers for an Alberta man found guilty of killing two seniors who vanished on their way to a camping trip have filed a motion for a mistrial.

An Edmonton judge convicted Travis Vader last week in the second-degree murders of Lyle and Marie McCann in 2010.

The official document filed in court asks the judge to vacate his verdict and declare a mistrial.

It asks that the application be heard Oct. 3, when the judge is to set a sentencing date and determine if Vader should undergo a psychiatric assessment.

Justice Denny Thomas's ruling was broadcast live from Court of Queen's Bench, a first for an Alberta criminal trial, but it quickly led to criticism of the ruling.

"This honourable court's two guilty verdicts respecting an offence which does not exist at law constitute nullities," says the defence application.

It adds that the judge should not be allowed to proceed with sentencing or reopen the trial and impose a guilty verdict of manslaughter.

Bret McCann has said that despite the legal twist, he was happy to hear the judge rule Vader was responsible for the deaths of his parents.

SECTION 230

Legal experts say Justice Denny Thomas made a major error in the verdict by referencing a section of the Criminal Code that is no longer in effect.

Section 230 allows for a murder verdict if a wrongful death occurs during the commission of another crime such as robbery, but in 1990, the Supreme Court ruled the section unconstitutional.

However, it has never been repealed and remains in the Criminal Code.

The defence had argued that someone else may have killed the McCanns, who were both in their late 70s. It was also suggested they might not even be dead.

Their bodies have never been found. Their burned-out motorhome and SUV were discovered in the bush west of Edmonton days after the couple left on a trip to British Columbia.

THE CANADIAN PRESS

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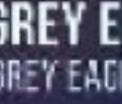
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'I am my own role model'



Anika Haroon, left, and Catherine Laing said that they hope the research will call for a stronger focus on mental health. JOSIE LUKEY/FOR METRO

HEALTH CARE

Cancer patients share their stories and find new ways to heal

Josie Lukey
For Metro | Calgary

For 10 years, it felt like Anika Haroon was stuck in limbo.

As a two-time osteosarcoma cancer survivor, Haroon felt no motivation to pursue her future goals, until she collaborated with the University of Calgary to create a digitized story that told the story of her life.

"Ever since I did the story, my life has changed dramatically," said Haroon.

"It has definitely healed in many ways, understanding my own pain and moving forward in life. Rather than seeing it as a painful experience, seeing it as a powerful experience."

The study, which included 16 participants, focused on

children and young adults who created short, first-person video narratives that combined voices and images, and included video clips overlaid with music — all of which combined to tell the story of their condition.

Participants also worked together with a digital storytelling facilitator, who helped them develop their stories.

According to Catherine

Laing, nursing researcher at U of C, the digitized stories helped patients gain a new perspective of their conditions.

"The most unexpected thing about (digital storytelling) was the therapeutic value that participants incurred," said Laing. "One of our participants described her experience of making a digital story as 'sneaky therapy.'

Laing's research also re-

vealed that cancer wasn't the only thing patients were struggling with — it was the damaged relationships, the shattered body images and the impaired physical or cognitive functions that come with the disease.

Through producing the digital stories, patients were able to better understand their condition — helping them move forward.

One of our participants described her experience of making a digital story as 'sneaky therapy.'

Catherine Laing

For Haroon, who said she once struggled to get out of bed in the morning, finding the motivation to take classes in anthropology and art at U of C, work two jobs and volunteer all while still completing rehab — is all thanks to the digital story.

"I found inspiration for myself from my own story," said Haroon. "I am my own role model."

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Volleyball player defies all odds

PARALYMPIC ATHLETE

Aberhart grad will begin career at UBC



Mathew Silver
For Metro | Calgary

Jennifer Oakes was absent for her first couple weeks of university classes.

But for any University of British Columbia Okanagan professors looking to cause a fuss, it wasn't without a good excuse.

The 18-year-old volleyball player was competing in the Rio 2016 Paralympics, just a little over a year after having her right leg amputated below the knee.

And if that wasn't remarkable enough, consider this: Oakes has joined the varsity women's volleyball team, which remains one of the top programs in the country after a bronze medal finish at

nationals last year.

That means she will be competing with some of the best players in the nation on a prosthetic leg.

Oakes had to relearn the standing game after losing her leg in a boating accident last July.

As she looks forward to a career playing university ball, she said she owes her quick rehabilitation to her family.

My family was huge supporters... they pushed me farther than I thought I could go.

Jennifer Oakes

"My family was huge supporters... they pushed me farther than I thought I could go," said Oakes.

Her mother, Kathy Oakes, said that she's astounded by the progress her daughter has made.

"She's been an absolute champion from the second the accident happened," said Kathy.

While Jennifer already has an extensive list of supporters, she

might be able to add a couple more next week when her team plays an inter-squad scrimmage in front of the Duke and Duchess of Cambridge.

Will and Kate will join 1500 UBCO students at the game as part of the 2016 Royal Tour.

Steve Manuel, the coach of the UBCO women's volleyball

team, said that Jennifer will be an excellent fit for the program. He said that despite having a full roster for the 2016/17 season, he couldn't resist adding a player like Jennifer.

"She's going to be a great teammate, and be a big part of our team chemistry," said Manuel.

For now, Jennifer said she'll put the Paralympics and the Royal Tour on the back burner as she focuses on academics.

When she settled into her first English class on Thursday, she was greeted with a pop quiz.



Jennifer Oakes, left, starts her first semester at UBCO after representing Canada at the Rio 2016 Paralympics. One of her first matches will involve a royal reception. MATTHEW MURNAGHAN/Canadian Paralympic Committee

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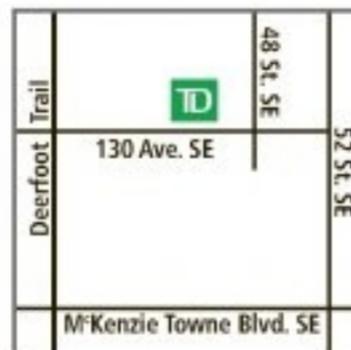


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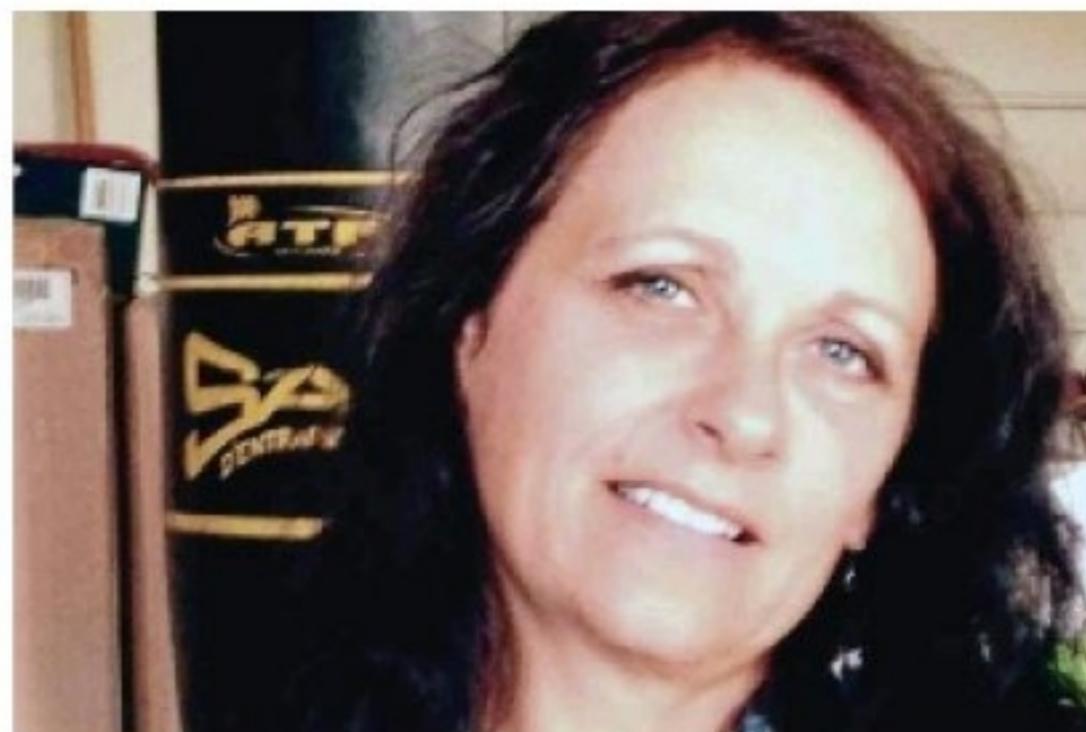
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STOREWIDE

16

Calgary | metro NEWS



Sharon Unger has been part of a new depression project that aims to determine which questions are most crucial for researchers to study. She believes researchers should analyze indigenous peoples' perspectives on wellness. COURTESY SHARON UNGER

Patient needs come first: Abuse survivor

DEPRESSION

Mental health project ignites new research questions

 **Jeremy Simes**
For Metro | Calgary

Sharon Unger says it took her nine years to "get her brains back" after enduring two incidents of sexual abuse and years of hospital trauma.

"We're treating symptoms," said Unger, who's part of a new depression research project. "We're not treating human beings."

As part of the Depression Research Priority project, health care providers are gathering hundreds of questions submitted by patients and clinicians to eventually pick a top-10, providing them to researchers to study.

Spearheaded by Alberta Health Services and Alberta Innovates Health Solutions SPOR Support Unit, the project ensures research reflects patients' needs and roots out questions that have already been studied, according to Ping Mason-Lai, Director of the Patient Engagement Platform.

"Depression affects a lot of people, one in 10 Canadians," Mason-Lai said. "It's a priority for our mental health system."

Unger, who said she was



We need to be looking at people from all directions. That includes spiritual, mental and social aspects.

Sharon Unger on studying depression in humans

initially misdiagnosed and faced a lack of understanding from caregivers, thinks researchers should analyze indigenous peoples' perspectives on wellness.

"I was abused seriously," Unger recalled. "We have a huge wealth of information from our first people of this land."

"We need to be looking at people from all directions. That includes spiritual, mental and social aspects."

She said education and being part of traditional medical processes helped her heal. She said she has post traumatic stress disorder, but now knows how to better handle it.

"I have not needed treatment for 15 years, and about nine years to get my brains back," she said. "I've overcome stuff and, although I struggle a little bit, I'm very educated and aware to really understand how to deal with it when it's happening."

WEATHER

Buckle up: It's gonna be a 'not that exciting' fall

 **Josie Lukey**
For Metro | Calgary

Pull out those knit scarves and grab a pumpkin-spice latte because as of 8:21 a.m. Sept. 22, the fall season has started — and it's going to be a mild one.

Kirk Torneby, an Environment Canada meteorologist, said that over the next three months Alberta is going to face above-normal temperatures as a result of a weak El Niño — the cold phase of the atmospheric cycle.

"Based on what we see now, it's not going to be overly snowy for the first part of the fall and winter," said Torneby.

According to Torneby, Western Canada is not going to see cold-snaps, major snow events or hot spells over a week long. Instead, the fall season is expected to remain average over the next three months.

Last fall and winter, Canada saw one of the strongest El Niños on record, resulting in warm and dry seasons. This year, it looks like Albertans are going to have to wait until late win-



The temperature is expected to be above average until winter. JOSIE LUKEY/FOR METRO

ter in order to see some of those snowflakes pile up.

"It's honestly not that exciting looking ahead," said Torneby.

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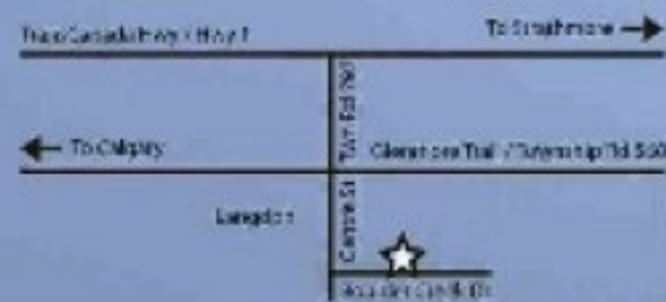
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**Brodie Thomas**
Metro | Calgary

Uber may be hinting that it's coming back to the Calgary market, but a local business is also looking for a slice of the ridesharing pie.

The company behind Keys Please — The Driving Alternative Inc. — will be launching an app-based ridesharing service called Ride Please.

While it was no secret the company was working on a ridesharing app, the official launch date has now been set for Oct. 13.

"We're rolling it out in Calgary," said company spokeswoman Ginger Greenwood. "We're locally owned and operated. We will probably do expansion to Edmonton and stuff like that, but we're using Calgary as our testing ground."

Greenwood said unlike other

ridesharing services like Uber, Ride Please will have no price surging.

The company is trying to court steady drivers by offering what they claim will be higher compensation than other TNCs and paid insurance for full-time drivers.

They're also trying to raise the bar in other areas, such as the age of its vehicles. Drivers' cars can be no more than eight years old, instead of the usual

10. Drivers will need to be over the age of 25 with at least 10 years driving experience.

Dave Dick, president of The Driving Alternative Inc. said in a prepared statement that after 20 years of getting people home safely from a night out, they're looking forward to this new angle on the business.

"We must continue to invest in where the customer is heading, and we're prepared for what's next," he said.



Shawn Hall and Twyla Benoit only started their home collection a year ago, swayed by the friendliness of the community.
AARON CHATHA/METRO

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Pinballers in city score new home

GAMES

Trap & Gill pub to host donated machines

**Aaron Chatha**
Metro | Calgary

you have basically nothing. The ball is wild."

It's not a cheap hobby to get into — machines can go anywhere from \$2,000 to \$14,000.

Specializing in restorations, Richardson said the worst machine he's ever seen came in sprayed with WD40. The machines are meant to run dry, so, it created a black gunk all through the bottom of the machine.

"I think that was physically one of the worst things we've ever seen — we had to physically soak the parts to get the oil off in detergent," he recalled. It cost \$4,000 to restore that machine — but for hobbyists, it's worth it.

"It's really addicting," said collector Shawn Hall. "It's kind of a bar sport, like darts or pool, but just like a movie, it's a form of entertainment."

Hall has only been collecting for about a year, but said the social nature of the scene drew him to it. Collectors often trade machines, and now that they have the Trap & Gill, they'll be able to host events starting in October — for pinball players of any skill level.

"We just like sharing our passion with others and love to see new faces out," he said.

\$2K to \$14,000

The cost of a new pinball machine today.

It's strong enough that it's kept Jay Richardson, of Richardson Pinball, in business for more than 15 years.

"It's never the same game," Richardson said. "You can have an amazing high score on a machine and the next game

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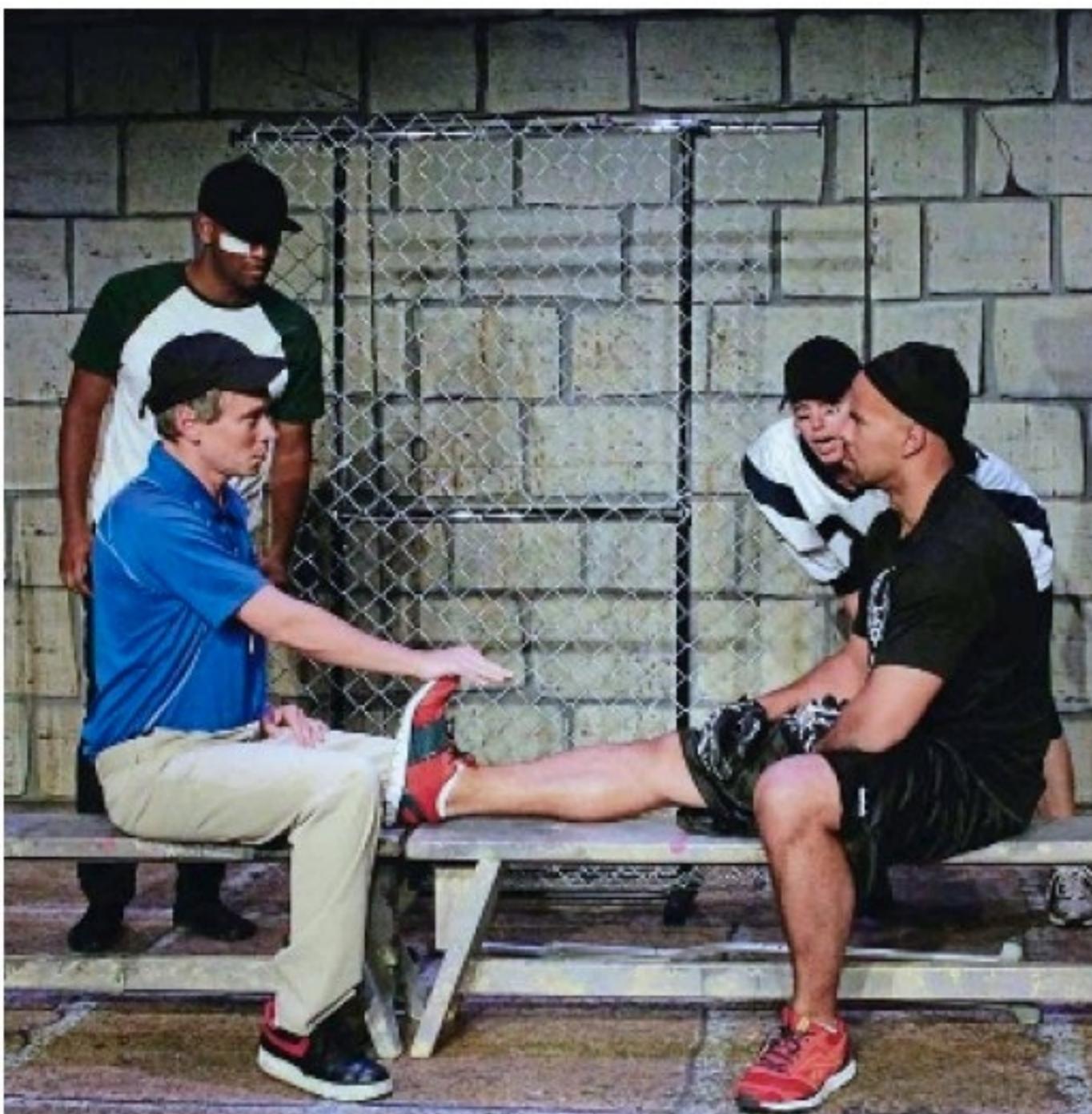
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The **Game of Soaps** cast takes the setting of the show and creates an ongoing weekly soap opera on stage. COURTESY CARLY MCKEE

Stakes are high in Game of Soaps

SCENE YYC

Dirty Laundry, now in 17th season, starts on Sept. 25

 **Aaron Chatha**
Metro | Calgary

The next generation of Dirty Laundry improvisers hit the stage on Sunday, launching a season where they'll learn love, lust, betrayal and blissful happiness — before ultimately slaughtering each other like a pack of animals.

The new season is based on Game of Thrones, after all.

If you're unfamiliar with Dirty Laundry, now in its 17th season, cast members present a new episode of an improvised soap opera each week. They often play the same characters throughout the season — unless someone dies, in which case they'll

come back as a new character next episode.

"What better pop culture reference than Game of Thrones for that?" said co-artistic producer Carly McKee. "It's a medieval soap opera with lots of violence, but the themes of honour, betrayal and family — all of the things that make soap operas so great, Game of Thrones does, just in a different medium."



It's a medieval soap opera with lots of violence.

Carly McKee

They're calling it Game of Soaps, and it features younger improvisors who are being mentored by the main Dirty Laundry crew — who recently started their own new season with Monday Night Lights.

As to be expected with the

format, actors place a ton of emphasis on creating their character for the season.

"We worked a lot on the Game of Thrones archetypes," McKee said. "Like the two houses, people fighting, Shakespearian type stuff, and we told them to find characters that fit in that world. High status, low status, young or old character."

They also worked with the costume designer to choose fabrics that would better relate to their character and status.

McKee said soap operas work so well for their format, because any week you tune in the stakes are always high — count on evil twins, revenge and death to always be around the corner.

Monday Night Lights launched its first season earlier this week — with special guest Joe Cornish — and Game of Soaps starts Sept. 25. Both seasons run until April.

For more information, visit www.dirtylaundrycalgary.com.

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WEEKEND EVENTS

FRIDAY - Oktoberfest

For those unwilling to trek to Germany to take part in the annual festival, the Calgary edition is just as good — celebrating beer and food, with German music, dancers and games. Expect to sample local craft beers and beers from Bavarian breweries.

For more information, visit albertabeerfestivals.com

SATURDAY - Split Screen

Internationally acclaimed

choreographers, students and staff perform contemporary choreography in this year's annual pro event. This year's performance is four hours of distinct dances, with one commonality: They all have two synchronous lines of action.

For more information, visit scpa.ucalgary.ca

SATURDAY - Etsy Made in Canada

Celebrating the Calgary

Etsy market, Calgarians come together to show off their handmade and vintage goods. This includes Knatitude, Lace Brick Design, Mumbletease and more. There will also be food trucks and 50 per cent of admissions on Saturday will be donated to the Women's Centre of Calgary.

For more information, visit etsycalgary.com

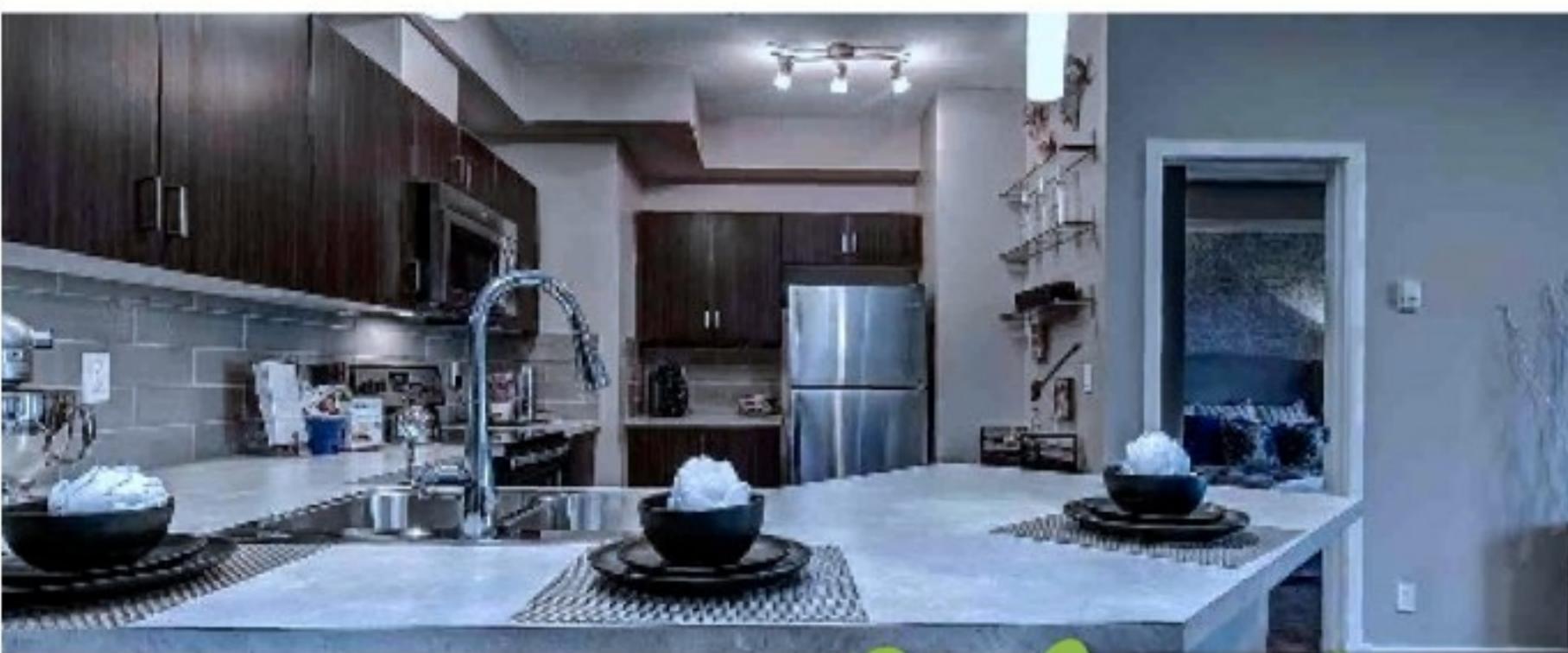
SUNDAY - Doors Open

Calgary

As you may have guessed from the title, Calgary businesses open their doors on Sunday for the annual event — to give Calgarians a behind-the-scenes look. These include the Calgary Stampede, CJSW radio, Fiasco Gelato and SAIT. Locations are offering tours and special activities.

For more information, visit doorsopenyyc.org

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Kevin McDonald became famous for his sketch show *Kids in the Hall* in the early '90s. CONTRIBUTED

Animation and accents with Kevin

PERFORMANCES

**The Kids in
the Hall host
YYComedy**



**Aaron
Chatha**
Metro | Calgary

The Kids in the Hall are coming to Calgary — to host YYComedy Festival Gala on Oct. 1. Canadian icons Scott Thompson, Dave Foley and Kevin McDonald are no strangers to the city — though, as McDonald explained, they have been confused for tourists.

What are your thoughts about Calgary?

I started going there for the first time in the '90s with the Kids in the Hall, and it was always a city we liked to go to.

I won't tell you the cities we didn't like to go to.

I remember this happened a few times in restaurants — before shows Dave and I would hang out in restaurants — and there were a couple of waitresses that thought we were British. I don't know what that means. I don't know what that tells me about the city. But it happened more than once — maybe three times — where people said, "So, you guys are from England? What part of England?"

We can't even fake English accents. Well, I guess Dave can.

But I've always liked Calgary. It's definitely a good place for comedy ... and I know theatre sports were sort of invented there, which got the Kids in the Hall started.

You've been doing a lot of animation work — how does that compare to improv and film?

The thing I find about animation is, it's surprisingly tiring. Like, I can be shooting a TV show or movie and be on set for 10 or 12 hours a day, but it's way more tiring to be on a cartoon set for an hour, because you're yelling the whole time. Especially my characters. People who do cartoons have a million voices — I have one voice and it's a high-pitched scream.

And usually my characters are the dumb dog or the dumb cat that keeps falling a lot, so I spend an hour or two hours going, "ow, oh, ow!" and making falling down the stairs noises.

What's the most exhausting character you've ever played?

The most exhausting is easy: There's a guy who yells a lot — oh wait, actually no, there's one that's even more exhausting. Dave and I did characters called the Sizzler Sisters.

We were two clearly insane people saying we weren't two clearly insane people. "We're two sisters and not two clearly insane people who have escaped from the asylum" — that voice, we were energetic and running around like two crazy people who were pretending they weren't crazy. It was really fun to do, but exhausting.

In fact, we've never done them on stage, because we knew we'd lose our voices.



The Duke and Duchess of Cambridge on a visit to the Northwest Territories in July 2011. THE CANADIAN PRESS

Royals will spotlight social issues

BRITISH COLUMBIA, YUKON

William and Kate to visit impoverished communities

It's been almost 30 years since Diana, Princess of Wales, kissed an AIDS patient on the cheek.

Her open-hearted, selfless gesture of compassion at London's Mildmay Hospital in 1989 helped reduce the vast belief that AIDS could be transferred by human touch.

Royal watchers say Diana's kindness and tolerance will play a supporting role in the Sept. 24-to-Oct. 1 visit to British Columbia and Yukon by her son William and his wife Kate, the Duke and Duchess of Cambridge, and their children Prince George and Princess Charlotte.

The royal couple's visit, starting Saturday, will take them to remote First Nations communities, impoverished urban neighbourhoods and a play date for their children with military families on the grounds of Victoria's Government House.

The trip is destined to shed light on social issues and causes many Canadians have yet to fully consider, experts say.

On Sunday, William and Kate will visit Sheway, a pregnancy outreach program for



Diana, Princess of Wales.

THE CANADIAN PRESS

mothers struggling with drug and alcohol issues. Sheway is located in the heart of Vancouver's Downtown Eastside, a neighbourhood known for its extreme poverty, homelessness and drug addiction.

The royals will also visit the indigenous community in Bella Bella, on B.C.'s remote central coast. At Haida Gwaii, on the province's northern coast, the royals will embark on a sea-going canoe trip from historic Skidegate Landing to the Haida Heritage Centre and Museum.

The tour will also take the royal couple to a coast guard station in Vancouver, a wine tasting at an Okanagan vineyard in Kelowna, and indigenous cultural events at Whitehorse and Carcross in Yukon.

The royals will also visit an immigrant centre in Vancouver that provides settlement services to 25,000 refugees annually.

THE CANADIAN PRESS

BACKLASH

PM's aides both apologize

Prime Minister Justin Trudeau's two top aides, chief of staff Katie Telford and principal secretary Gerald Butts, say they will reimburse the government — \$23,373 for Telford and

\$20,299 for Butts — for miscellaneous expenses they incurred in moving to Ottawa from Toronto. They apologized, on their Facebook pages, for the controversy.

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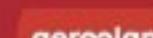


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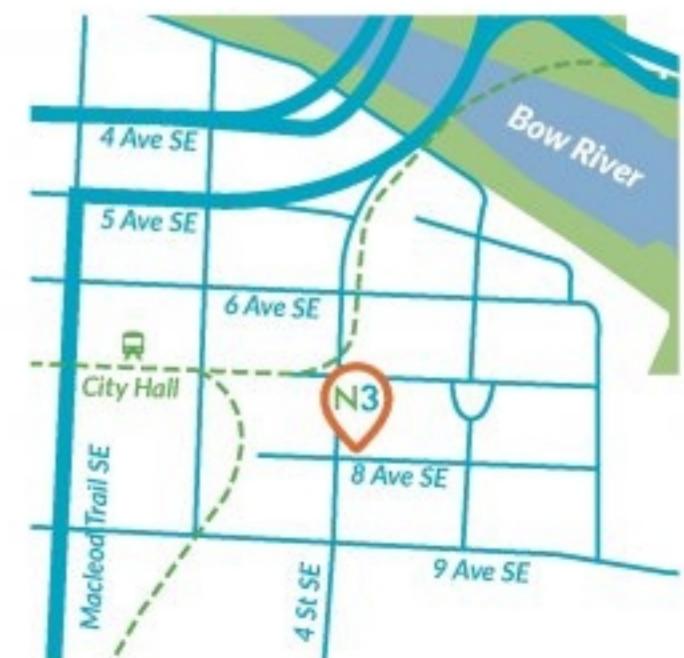
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All hail Canada, the king of America

The latest NBC/Wall Street Journal poll of the presidential election asked Americans not only for their opinions on the candidates, the political parties and the news media but their opinion on their neighbours.

The result: we win. Seventy-five per cent had a positive view of Canada. Just 3 per cent had a negative view. That was better than any other person or entity.

"We are your best friend,

ally and neighbour. We see it every day and in countless ways," said Christine Constantin, spokeswoman for the Canadian embassy in Washington.

None of the major presidential candidates was viewed favourably. Republican can-



didate Donald Trump was at 28 per cent positive, 61 per cent negative. Democratic candidate Hillary Clinton was at 37 per cent positive, 52 per cent negative.

Canadians also like America, but not quite as much.

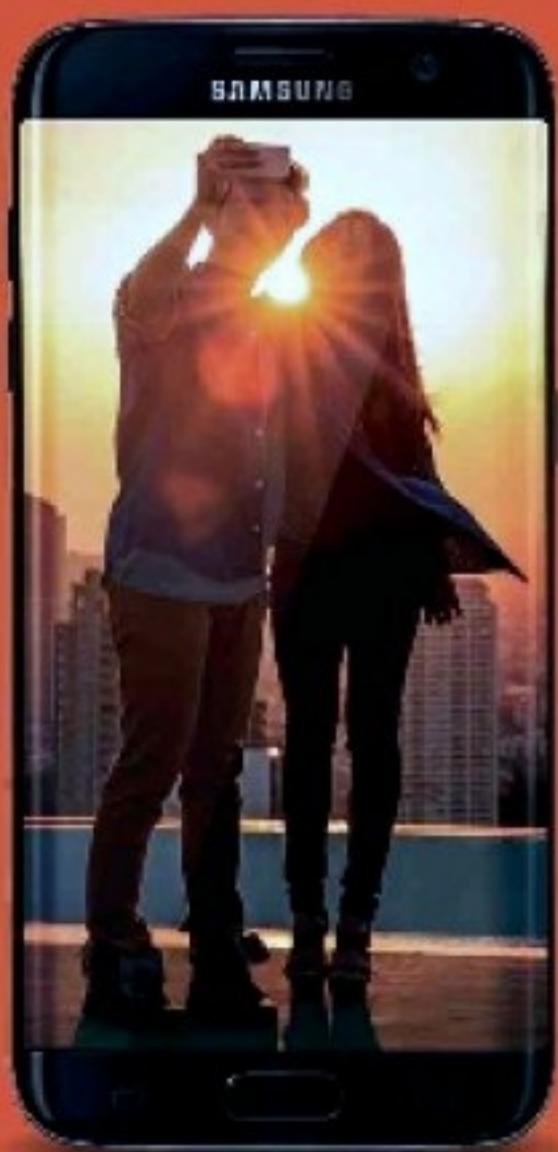
Sixty-eight per cent of Canadians had a favourable view of America in a Pew poll last year; 26 per cent had an unfavourable view.

Canada even did better in the latest poll of Americans than some of the most popular figures of the recent past. According to the Journal, Canada did even better than Michael Jordan (69 per cent positive) in 1997 and Pope John Paul II (65 per cent positive) in 1998.

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Listed as director of offshore firm without knowing

Canadian Sen. Nicole Eaton is listed as a director of a company in the Bahamas. A close friend said Eaton's name was used without her permission.

TORSTAR NEWS SERVICE

Federal Sen. Nicole Eaton has taken the unusual step of asking the Senate Ethics Officer to investigate revelations — presented to her by the Toronto Star and CBC/Radio-Canada — that she was a director of a company in the offshore tax haven of the Bahamas for 12 years without declaring it.

Her explanation: She had no idea until a Toronto Star reporter told her on Tuesday.

Eaton, a Conservative senator who recently made headlines with her anti-bike lane tweets, is listed as a director of a Bahamian-based company called Mount Bodun Ltd. between 1999 and 2011, according to Bahamian corporate registration records leaked to the International Consortium of Investigative Journalists (ICIJ) and German newspaper Süddeutsche Zeitung and shared exclusively with the Toronto Star and CBC/Radio-Canada in Canada.

Each year, senators must declare any corporate director or officer positions they hold to comply with the Senate's Code of Ethics. Eaton's annual disclosure statements dating back to her appointment to the Senate by Stephen Harper in 2008 repeatedly say, "None," in response to the question about corporate directorships.

"I became aware of the matter of Bahamian company Mount Bodun Ltd.'s alleged listing of me as a director of the company on Sept. 19, 2016," Eaton said in a statement. "A reporter from the Toronto Star contacted my office seeking comment on this matter."

The statement says she maintains her initial assertion that she "knew nothing of this" and has "never served on this company's board of directors ... This clearly

occurred without my knowledge or consent."

It says her office informed the Senate Ethics Officer of the issue on Tuesday and committed to providing "our full co-operation in the review of this situation."

The question of how a sitting senator could end up on the board of a tax haven company without her knowledge is puzzling even to experts.

"The Ethics Officer should not accept the story without evidence," said Duff Conacher, co-founder of Ottawa-based Democracy Watch, a government ethics advocacy group.

The Senate Ethics Officer's office confirmed that it had received a call from Eaton's office and is looking into the matter.

Eaton's assertions that she was unwittingly made a director of a Bahamian company are supported by the woman who admits to listing Eaton without consulting her: Marian Bassett, a member of the famous Canadian Bassett family.

"I put Nicky down as a director because she is a very, very old family friend," said Marian Bassett, whose late husband, David, is the son of John Bassett.

"I just put her name down because it was safe, and I never told her," said Bassett. "Listen, it's all on me."

TORSTAR NEWS SERVICE



This clearly occurred without my knowledge or consent.

Nicole Eaton



CUTE ALERT RARE CUB BONANZA Seven rare white wild cats, four lions and three tigers, have been born in the past week in a private zoo in central Poland. The lions were born on Sunday at the Zoo Safari in Borysew, and the tigers were born on Thursday. There are at most a few hundred white lions in the world. THE ASSOCIATED PRESS

Tensions rise in N.C.

POLICE SHOOTING

Chief says video will not be released

Charlotte police refused under mounting pressure Thursday to release video that could resolve wildly different accounts of the shooting of a black man, as the National Guard arrived to try to head off a third night of violence in a city on edge.

Charlotte-Mecklenburg Police Chief Kerr Putney said that releasing police dash-cam and body camera footage of the killing of 43-year Keith Lamont Scott could undermine the investigation. He told reporters the video will be made public when he believes there is a "compelling reason" to do so.

"You shouldn't expect it to be released," Putney said. "I'm not going to jeopardize the investigation."

Meanwhile, an undisclosed number of National Guardsmen assembled in Charlotte, sent in by Gov. Pat McCrory after a second straight night of racial unrest that seemed at odds with Charlotte's image as a diverse, forward-looking banking capital of the New South.

Charlotte is just the latest U.S. city to be shaken by protests and recriminations over the death of a black man at the hands of

police, a list that includes Baltimore, Milwaukee, Chicago, New York, and Ferguson, Missouri. In Tulsa, Oklahoma, on Thursday, prosecutors charged a white officer with manslaughter for killing an unarmed black man on a city street last week.

In Charlotte, scores of rioters Wednesday night attacked reporters and others, set fires and smashed windows of hotels, office buildings and restaurants downtown.

Hours before nightfall Thursday, the police chief said he saw no need for a curfew. In addition to the National Guardsmen, North Carolina state troopers and U.S. Justice Department conflict-resolution experts were sent to keep the peace.

Demonstrators have been demanding answers in Scott's killing, with some carrying signs that read "Release the tapes."

Police have said that Scott was shot to death Tuesday by a black officer after he disregarded loud, repeated warnings to drop his gun. Neighbours, though, have said he was holding only a book. The police chief said a gun was found next to the dead man, and there was no book.

Other cities have released footage of police shootings. Just this week, Tulsa police let the public see video of the disputed Sept. 16 shooting, though the footage left important questions unanswered. THE ASSOCIATED PRESS

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TECHNOLOGY

Hackers stole info from 500M users: Yahoo

Yahoo said hackers stole personal information from 500 million of its user accounts, a massive security breakdown it attributed to a "state sponsored actor." The breach disclosed Thursday, the latest setback for the beleaguered internet company, dates back to late 2014.

That's when high-tech thieves hacked into Yahoo's data centres, the company said. But Yahoo only recently discovered the break-in as part of an ongoing internal investigation.

The stolen data includes users' names, email addresses, telephone numbers, birth dates, hashed passwords, and the security questions — and answers — used to verify an account holder's identity.

Last month, the tech site Motherboard reported that a hacker who uses the name "Peace" boasted that he had account information belonging to 200 million Yahoo users and was trying to sell the data on the web.

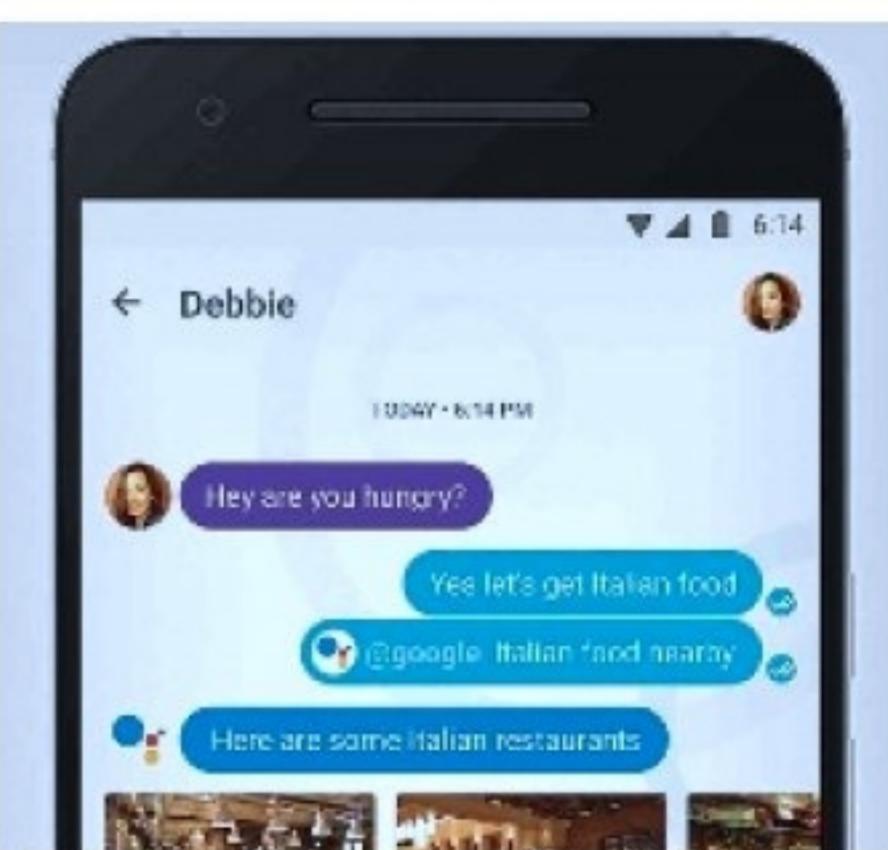
Yahoo recommends that users change their passwords if they haven't done so since 2014. The California company said its investigation so far hasn't found any evidence that information about users' bank accounts or credit and debit cards were swiped in the hacking attack. It said it has "no evidence" that the attacker is still in Yahoo's network.

News of the security lapse could cause some people to have second thoughts about

relying on Yahoo's services, raising a prickly issue for the company as it tries to sell its digital operations to Verizon Communications for \$4.8 billion.

That deal, announced two months ago, isn't supposed to close until early next year. That leaves Verizon with wiggle room to renegotiate the purchase price or even back out if it believes the security breach will harm Yahoo's business.

THE ASSOCIATED PRESS



Google wants to modernize phone chats by bringing a personal virtual assistant to conversations. But its new Allo app is facing criticism over privacy concerns. CONTRIBUTED/THE ASSOCIATED PRESS

Allo bids adios to encryption

MESSAGING

Snowden takes to Twitter as app raises privacy worries

Google is the latest technology company to face criticism over privacy concerns surrounding a messaging app.

This week, the company began rolling out Allo, a new text messaging service with a "smart assistant" — similar to Apple's Siri — that can offer up smart replies and put the company's powerful search engine at the texter's fingertips.

The app will be coming to Canada, but at press time was not yet available on Google Play.

When it was announced at the company's annual I/O conference in May, Google said the app would feature end-to-end encryption, which is a highly secure level of data protection that allows only the recipient and sender to see the messages. Even the company or app sending the message cannot see its contents.

However, at launch this week, due to some of the features available in Allo, the company has removed the encryption, which was first reported by The Verge. Those messages will be shared with Google servers, which has raised the ire of privacy advocates, includ-

ASSISTANT

Allo is Google's entry into the highly competitive text messaging space, with the company's point of differentiation its smart assistant, which can quickly automate several functions.

The assistant analyzes your texting patterns to offer up automated replies, so users can respond with a click, or can easily search out GIFs.

ing U.S. surveillance whistleblower Edward Snowden.

On Thursday, Snowden tweeted:

"Free for download today: Google Mail, Google Maps, and Google Surveillance. That's #Allo. Don't use Allo."

Followed by:

"What is #Allo? A Google app that records every message you ever send and makes it available to police upon request."

Allo has an Incognito mode, which does feature end-to-end encryption and allows users to set a time when their and the recipient's texts will automatically delete. If you change the default to feature end-to-end encryption, it disables the smart assistant and some other features.

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Your essential daily news

With bouncing wireless signals that read heartbeat and breathing, MIT students have made a smart phone that reads emotions

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DECODED by Genna Buck and Andrés Plana

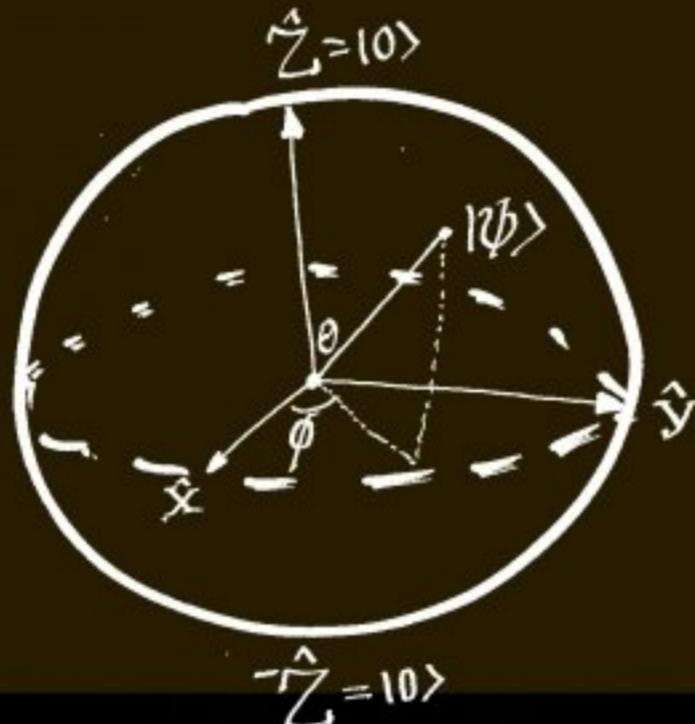
OH, TO BE IN TWO PLACES AT ONCE

Hands up: Who wants to beam themselves to school or work? Us too. Too bad quantum teleportation has nothing to do with that. Scientists in Calgary have transferred 'disembodied' information from one particle to another one, across the city. It's teleportation, but no physical matter travelled anywhere. **It boggles the mind — but it could also pave the way for a future, super-fast, super-secure Internet.**

PHOTONS are tiny particles with energy, but no mass. They're what light is made of.

Using some fancy lasers and other high-tech equipment, researchers at the University of Calgary created an **entangled pair of photons** and sent one across town to Calgary City Hall.

The properties — or quantum states — of the two photons remained exactly in sync. What happened to one affected the other. It's sort of hard to imagine, but the photons were fundamentally linked in such a way that they're actually **the same thing**. That's the **teleportation** part.



Photon A Photon B

The distance (six kilometres) and the connection (dark fibre cable) between the photons is important because in the future, information could be sent this way via the **quantum Internet**, all over the world, using materials we already have.

This **quarneret** — it's still theoretical at this point — would also be virtually unhackable. One of the weird things about quantum physics is that when humans come in and observe a system, they mess it up — meaning any would-be hacker would instantly advertise his or her presence.

WHAT IS ENTANGLEMENT?

Entanglement just means the state of one system is dependent on the state of another. For example, an atom's electrons and protons are entangled: As one moves, so does the other.

Quantum teleportation is when information is sent from one location (like a photon at the University of Calgary) to another (a photon at Calgary city hall) without the need for a physical particle as a go-between. Because the two photons are entangled, what happens to the state of one automatically affects the state of the other — and **information** passes between them. "Information" in this sense means a description of the photon's **state**. An example of a state would be **orientation**: the photon could be in a horizontal or vertical position. Imagine horizontal means zero and vertical means one: You can see how information can be encoded in photons the same way it is in computers' **binary code**, a sequence of zeros and ones called **bits**. But because quantum physics is super weird, a photon can also be in **superposition**: it can be a zero and a one at the same time. That's why computers of the future that process information encoded in particles called quantum bits (**qubits**) will be unfathomably fast.

FINDINGS
Your week in science



TARDIGRADE TROOPERS

Tough-as-nails tardigrades, better known as water bears, can withstand boiling, freezing and the vacuum of space. Now Japanese researchers have learned the teeny, freaking-looking critters have a radiation-resistance gene, too — and it can be transferred to human cells.

SOUND SMART



DEFINITION

Electroporation is the use of electric shocks to poke holes in the membrane of a cell — to give it **pores** — often to introduce a drug or some DNA.

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Using **electroporation**, scientists can knock out genes by disrupting them with a foreign bit of DNA, such as one that codes for green fluorescent protein. That's how they make mice glow in the dark.

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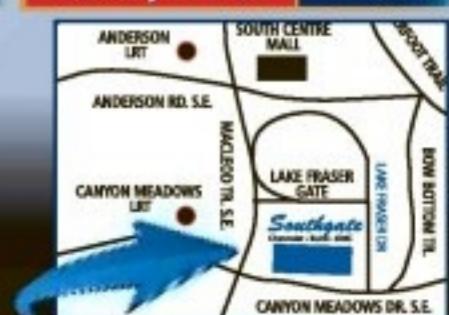
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MOVIES MUSIC TELEVISION DIGITAL



Director Antoine Fuqua jokes the reason he remade *The Magnificent Seven* was so he could see Denzel Washington on a horse. CONTRIBUTED

Not all cowboys look like John Wayne

THE MAGNIFICENT SEVEN

Antoine Fuqua taps one of the most diverse casts for film

Richard Crouse
For Metro Canada

Why did director Antoine Fuqua decide to remake the legendary 1960 western *The Magnificent Seven*? "I wanted to see

Denzel Washington on a horse," he jokes.

The story of seven men who come together to protect a town from a vicious robber baron looks back further than the 1960 film to the 1954 epic Japanese historical drama *Seven Samurai*. Often cited as one of the greatest films ever made, Akira Kurosawa's *Seven Samurai* provided what Fuqua described as the DNA of his film, but he also noted, "Westerns change with the time we're in, so we made our film based on the world we are living in."

To that end, he has assembled the most diverse cast for a

MOVIE RATINGS by Richard Crouse

The Magnificent Seven **★★★**
Queen of Katwe **★★**
Storks **★★**
It's Only The End of The World **★★**
Finding Altamira **★★**

HOW RATING WORKS
★★★ SEE IT
★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

western ever. In addition to top-billed stars Washington, Chris Pratt, Ethan Hawke and Vincent D'Onofrio, the seven magnificent leading actors include South Korean star Lee Byung-hun, the Mexican born Manuel Garcia-Rulfo, and Martin Sensmeier,

an American actor of Tlingit, Koyukon-Athabascan and Irish descent. "You can't do the same thing every era," says Fuqua.

Westerns change all the time, he adds. If filmmakers stuck to just one way of making a movie then all westerns would be cast

with white guys looking like John Wayne in a John Ford movie, Fuqua jokes.

"My idea was, if Denzel walks into a room, the room stops. If Clint Eastwood walks into a room, the room stops. Is it because he's a gunslinger or is it because of the colour of his skin? We'll let the audience decide," he says.

When asked if *The Magnificent Seven* is proof that Hollywood is becoming more diverse

the director says, "You have to give the studio credit when they do something like this. This becomes the new definition of what

a western is."

Star Denzel Washington says he's never seen the 1960 film.

"I didn't keep away from it," he says. "I just didn't know how it would help me. I had never seen it as a kid or whatever. People say, 'You're the so and so character,' I don't even know who that is. I think it allowed me to do whatever I wanted to do instead of trying to not do what someone else did."

Why did he sign on? "Well, Antoine asked me. It's as simple as that. Obviously, it's a good story and a good script but most importantly it was Antoine."



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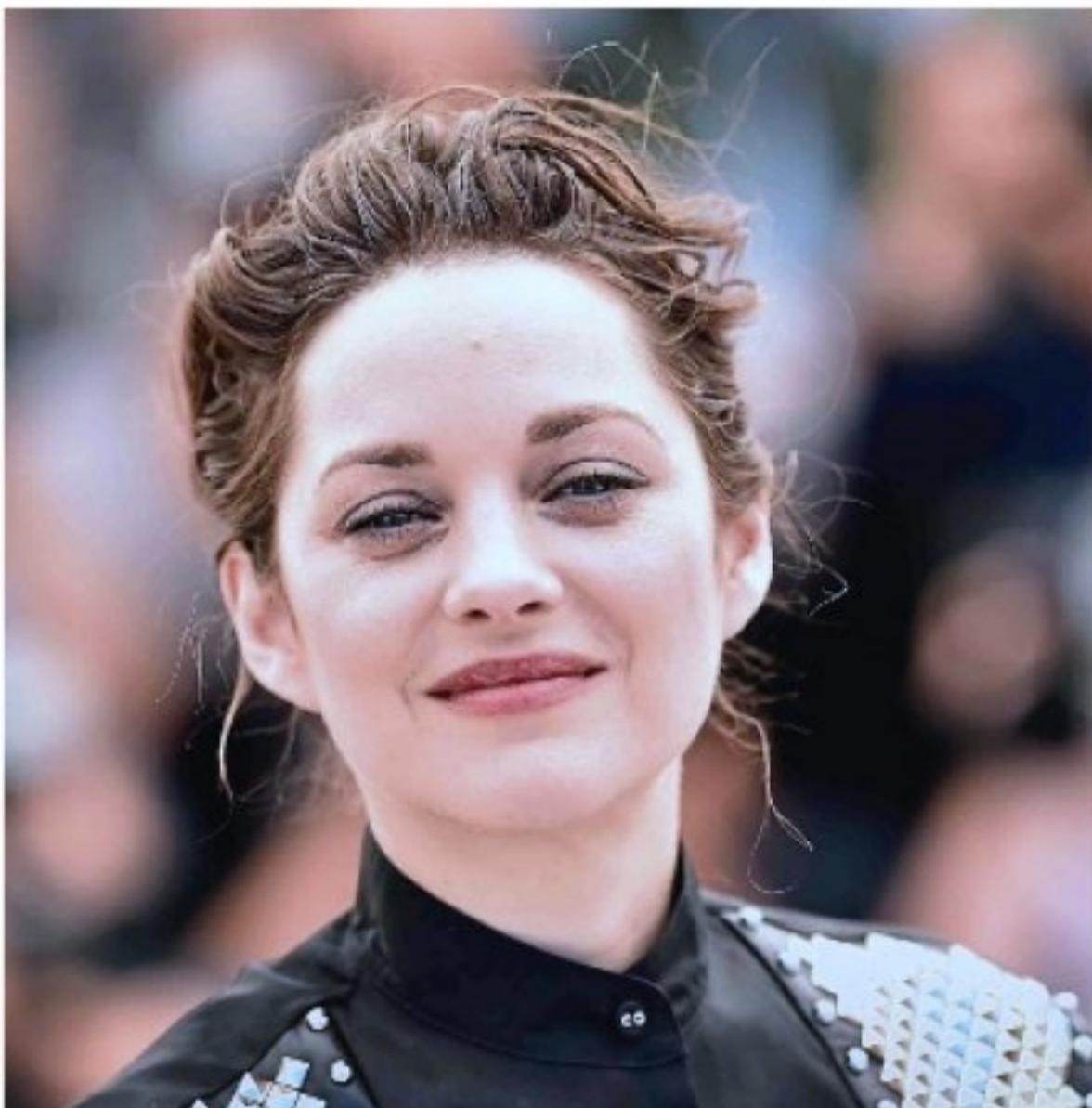


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Movies **metrolife**



Marion Cotillard responded to rumours of having a relationship with Brad Pitt on Instagram on Wednesday. GETTY IMAGES

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Cotillard pregnant, denies Pitt affair

GOSSIP

On Instagram actress says she didn't cause Pitt-Jolie split

Marion Cotillard is announcing her pregnancy and shooting down rumours of any romantic involvement with Brad Pitt.

"This is going to be my first and only reaction to the whirlwind news that broke 24 hours ago and that I was swept up into," the Oscar-winning actress wrote in a statement posted Wednesday on Instagram.

The star of such films as Inception and Rust and Bone said that she is "not used to commenting on things like this nor taking them seriously but as this situation is spiraling and affecting people I love, I have to speak up."

Cotillard affirmed her long-

time relationship with actor Guillaume Canet.

The couple are parents to a five-year-old son.

She said in her Instagram post alongside a photo of bird soaring through the sky that he is "the only one that I need" and they are expecting another child.

The actress, who won an Academy Award in 2008 for her performance as the legendary French singer Edith Piaf in La Vie en Rose, stars with Pitt in the upcoming World War II romantic thriller Allied.

Several reports this week suggested a relationship between Cotillard and Pitt was

one of the reasons Angelina Jolie filed for divorce on Monday.

"This crafted conversation isn't distressing," Cotillard wrote.

"And to all the media and the haters who are quick to pass judgment, I sincerely wish you a swift recovery," she added.

Cotillard says she hopes Jolie and Pitt "will find peace in this very tumultuous moment."

A spokeswoman for Cotillard didn't immediately respond to messages seeking comment about the Instagram post.

THE ASSOCIATED PRESS

“

I am not used to commenting on things like this nor taking them seriously but as this situation is spiraling and affecting people I love, I have to speak up.

Marion Cotillard

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The cave drawings that debunked creationism



Antonio Banderas stars in *Finding Altamira* as real-life archeologist Marcelino Sanz de Sautuola, whose discovery of prehistoric cave paintings rocked the scientific world and theories of creationism. HANDOUT

FILM

Hugh Hudson tells tale of the discovery of Altamira

Steve Gow
For Metro Canada

Filmmaker Hugh Hudson has been hiding in a cave ever since he released his last movie in 2000.

So what finally lured the Oscar-nominated director back out into dramatic daylight after 16 years?

Well coincidentally, it was a cave.

The Cave of Altamira to be precise.

"People in Spain know about it, but it's a little-known story in a way," admitted the 80-year-old film-making legend about *Finding Altamira* — his latest period drama tracing the discovery of the first cave drawings painted by prehistoric peoples.

"I thought the story was very good because of what it's about — a miscarriage of justice really (and how it

nearly destroyed this man's life," explained Hudson of his desire to delve into the drama about archeologist Marcelino Sanz de Sautuola, whose far-reaching finding created upheaval between the scientific and religious communities during the late 19th Century.

"For 20 years they were considered pariahs."

Themes of justice and human rights have long played into Hudson's work right back to his Academy Award-winning 1981 hit *Chariots of Fire* — an iconic film that pitted two outsiders literally running against prejudice

during the 1924 Olympics.

"The institutions should be challenged all the time; they're so often full of hypocrisy and self-serving," said Hudson of his tendency to tales that take on the system.

"There are so many awful things that go on in society and there's so much dishonesty and hypocrisy that you have to try and blur it out if you can."

With *Finding Altamira*, that meant finding the emotional truth in the tragic hero's attempts to convince the public that the drawings debunked creationism.

For the filmmaker, that also meant hiring an actor who could convince audiences of his authenticity.

"I wanted Antonio (Banderas) for this because he's a Spaniard and I think you believe in him," said Hudson, who cast the famous film star instead of practising his predilection for using unknown actors.

"When you get into the cinema and you meet a character for the first time, if it's somebody very well-known, you have to get over that barrier (but) it was good to have Antonio in it — he's so good."

VIDEO: CATCH SOME OF HUGH HUDSON'S EPIC HITS

On Chariots of Fire

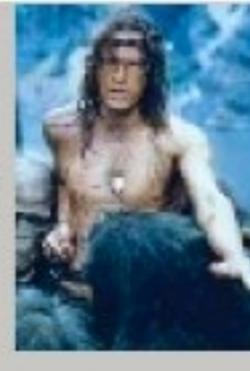
As his hit *Chariots of Fire* celebrates its 35th Anniversary, Hudson says it feels "as if (he) had nothing to do with it." "It did take a life (of its own)," admitted the direc-



tor of his Oscar-winning Best Picture. "It changed the lives of anybody who had anything to do with it. I'm very lucky, really .. a lot of making films has to do with luck."

Greystoke

It earned 3 Oscar-nominations and was a big box-office hit in 1984, but *Greystoke: The Legend of*



Tarzan was almost cast with Viggo Mortensen. "He was an unknown actor (but) I could've easily used Viggo," said Hudson of the runner-up to Christopher Lambert. "He was very fresh, and very young and he was an extremely good actor."

STEVE GOW/FOR METRO

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Lupita Nyong'o returns to big screen

INTERVIEW

Actress brings breadth of experience to Queen of Katwe

The filmmaker Mira Nair was familiar with the regal grace of Lupita Nyong'o long before most.

The Indian-born, New York-based Nair has been close friends with Nyong'o's family for years. One of Nyong'o's first jobs in the movies was interning in New York for Nair's production company. She also later worked for Nair's Uganda-centred film school, Maisha Film Labs.

What does Nair recall of Nyong'o as a younger woman?

"Like she is: immensely

thoughtful and stylish," Nair says with a laugh. "She wouldn't speak unless she had something to say. And full of fun, which sometime you guys don't see. But there's a real appetite for life there."

In the African chess prodigy tale Queen of Katwe, a now much more established Nyong'o has reunited with Nair for a film that reflects much of the actress's

past, as well as her future. It is, surprisingly, the first time moviegoers have gotten to see Nyong'o's face on screen since her breakout, Oscar-winning performance in 2013's 12 Years a Slave.

In the three years since, she's appeared in Star Wars: The Force Awakens in a motion-capture performance, lent her voice to The Jungle Book and starred on

Broadway in Danai Gurira's Liberian drama Eclipsed, earning a Tony nomination. But Queen of Katwe, she says, epitomizes the kind of film she wants to be in.

"The success of 12 Years a Slave has put me in a position where I can choose," Nyong'o said in a recent interview. "I want to honour the opportunity that I've been given. So I've worked very hard to choose things that I'm passionate about because I think I'm most useful when I feel conviction. I want to continue to do work that moves me and develops cultural conversations.

"It takes one film at a time, one story at a time, to actually shift the norm," she adds.

Queen of Katwe, which opens Friday, is itself an anomaly. It's a family-friendly film made in Africa with an entirely black cast — a first for Disney. The film tells of Phiona Mutesi's (newcomer Madina Nalwanga) rise from the Katwe slums in Kampala, Uganda, to elite levels of chess. Nair shot it in South Africa and Uganda. Nyong'o plays Phiona's head-strong mother.

The local flavour, as well as the real people the story is based on (who appear briefly but movingly at the end), gives Queen of Katwe an infectious spirit. During one celebratory scene in Katwe, extras mixed with nearby onlookers, eager to join in the exultation.

"Because this doesn't happen very often, we were all filled with such gratitude to be able to tell

this story," says Nyong'o.

Even if Nyong'o wasn't sitting in a high-back chair at a Toronto hotel shortly after the film's screening at the Toronto International Film Festival, the 33-year-old would appear queen-like, herself, given her calm poise and precision with words.

Although Nyong'o now seems remarkably at home on any red carpet, she spent years hesitating to commit to acting. As an undergrad at Hampshire College, she initially explored other roles on film sets.

"I was just trying to figure out where in this industry, if not in the front of the camera, I would fit in," she says. "I had always been discouraged that it was possible. I was from Kenya and I didn't know any Kenyan actors in America. It just didn't seem like a possible career path."

Nyong'o, born in Mexico and raised in Kenya, had a very different upbringing than the impoverished ones of Queen of Katwe. But, as Nair says, "Like Phiona, she's harnessed her potential and thankfully the world has rewarded her for it."

"I spent a lot of time denying the fact that I wanted to be an actor, and I felt I could bring this to the film," Nyong'o says. "It's about having the courage to pursue your dream and it takes courage because sometimes your dreams are unconventional and surprising and uncomfortable for those around you to understand."

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Lupita Nyong'o plays the head strong mother of chess prodigy Phiona Mutesi in Queen of Katwe. CONTRIBUTED



Madina Nalwanga stars as Ugandan chess champion Phiona Mutesi in *Queen of Katwe*, which opens this weekend. CONTRIBUTED

Youth innocence inspires genuine performance

INTERVIEW

Child actors in *Queen of Katwe* bring refreshing quality: Oyelowo

Richard Crouse



Imagine seeing a movie in a theatre for the first time. Now imagine the first movie you see on the big screen is the story of your life. That's what happened to Phiona Mutesi.

"I've never been in a theatre," she said at the Toronto International Film Festival, the night after *Queen of Katwe* premiered in front of a sold-out crowd of 2,600 people. "This has been my first time."

Based on the book *The Queen of Katwe: A Story of Life, Chess, and One Extraordinary Girl's Dream of Becoming a Grandmaster*, the movie tells the tale of how Mutesi (Madina Nalwanga), an illiterate girl from a very poor family in Kampala, Uganda, learns to play chess, and with the help of mentor Robert Katende (David Oyelowo), moves from local tournaments to the World

Chess Olympiad.

"We have had video shacks for the longest time," says director Mira Nair, a Ugandan resident of almost three decades, "but until five years ago we didn't have theatres in malls. The price of a ticket is almost \$10, which prices it out of everyone's reach. It is true that a kid like Phiona would not choose to spend that kind of money to go to the theatre. She'd see a pirated DVD in a shack somewhere."

The Disney movie was shot on the streets of Kampala and features more than 100 local actors, many of whom, Nair points out, had never seen a camera before.

"I actually took a bunch of the kids to see *Jurassic World* while we were doing the film," says star Oyelowo, "and Madina (Nalwanga), who plays Phiona, sat next to me and was clutching me the whole time, terrified by the movie. She turned to me and said, 'Is this what we are doing?' I asked her if she had ever seen a film before and she said no. We



I found I was getting a refresher course in how to be truthful in front of a camera. David Oyelowo on working with a young cast, some of whom had never been to a movie theatre.

were halfway through shooting a film in which she is playing the lead."

Oyelowo, a Golden Globe nominee for his work playing Martin Luther King in *Selma*, says working with the young, inexperienced actors was a "was a wonderful thing for the film."

"Because the kids in this film were not necessarily connecting what we were doing in shooting the film with what they had seen before, because they hadn't seen a movie in a movie theatre before, it

meant there was something really unaffected, something really free, something genuine about their performances. I found I was getting a refresher course in how to be truthful in front of a camera.

"Inevitably after you have done a few movies you start adopting a house style. You start knowing too much in a sense. Even though it is kind of a mind-blowing thing that they haven't seen a movie, because we in the west take it very much for granted,

it actually lends a very specific quality to the film itself."



From left, Ugandan national chess champion Phiona Mutesi, Indian filmmaker Mira Nair, Oscar-winning actress Lupita Nyong'o and Mutesi's chess coach Robert Katende. GETTY


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In her twenties, columnist Judith Timson would daydream she was married to Al Pacino. Marni Jackson's *Don't I Know You?* explores celebrity fantasy. TORSTAR NEWS SERVICE FILE

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BOOKS

Marni Jackson takes readers through celeb-filled journey

Judith Timson
For Torstar News Service

During a particularly bad phase of my twenties, when I had given up hope of ever meeting someone nice enough to spend my life with, I fantasized that I was married to Al Pacino.

I am not talking daydreaming for a week. I am talking a highly detailed, sustaining and satisfying (not to mention embarrassing) fantasy that buoyed me up for almost a miserable year, in which Al

and I lived a vibrant life in a New York brownstone, and his mother occasionally made cannelloni for us.

I was reminded of this while reading *Don't I Know You?*, Toronto author Marni Jackson's delightful and audacious first work of fiction.

In the book, Jackson's heroine Rose McEwan, a thoroughly Canadian woman in an Alice Munro overly accommodating, sensible-but-subversive kind of way, unfolds her life from 17 to her 60s, through a series of linked stories in which, in every chapter, at least one famous person and sometimes three or four make surprising appearances.

And unlike my own and everyone else's pathetic celebrity fantasy (mostly in our daydreams stars rescue us or we rescue them and gain their eternal gratitude), Rose doesn't yearn for these celebrities to show up. They just do.

The stars are real and hail from several corners of the stratosphere. You could write a treatise on the literary ethics of taking famous (some very much alive) people and making them say and do, well, anything you want.

For instance, Adam Driver from the series *Girls* shows up at middle-aged Rose's door to shovel her snowy walk and then, uh, warms up with Rose inside. But why bother worrying if Adam Driver is OK with this when you can sit back and enjoy the ride?

In the first exquisitely written chapter, teenage Rose has a tender but fraught summer romance with a "goatish-looking" writing instructor by the name of John Updike. Then in her hippie phase, Rose encounters Joni Mitchell in a cave in Crete who counsels her to drop her faithless boyfriend because "he's not going to let you thrive." (I can imagine young Joni had a pretty shrewd eye for that particular male flaw.)

While Rose is married, Bob Dylan shows up at her cottage lake on an air mattress and won't leave, really annoying her husband.

After her divorce, Rose gets some facial work from a chatty Gwyneth Paltrow, and becomes temporary best buds with a goofy and high spirited Meryl Streep at a high-end spa.

Finally, she ends up on a poignant and beautifully rendered canoe trip with Taylor

Swift (who makes perfect fish tacos), literary sensation Karl Ove Knausgaard, author of the never-ending six volume autobiography *My Struggle*, and a fabulously rendered Leonard Cohen.

Rose, now in her 60s and mourning her mother's death, meets Cohen down on Cherry Beach, and to her surprise, he is moonlighting as Mr. Softee with his own truck and oddly named (Cone of Perpetual Longing) ice creams. "If I repeat my performances night after night," Cohen a.k.a. Mr. Softee muses in his low baritone rumble to Rose, "I find it works very well for the audiences. If not always for me. Whereas ice cream ... never disappoints."

In her author's note, Jackson nails her own complicity in novelistically exploiting these stars: fame, she writes, is "a kind of fiction, since stars can only exist at the point where their public roles and our imaginations meet. In a sense, argues Jackson, "we author their fame."

Or co-author it. It's a little quirky that an American publisher (the up and coming Flatiron Books) snapped up this very Canadian look at fame. (Taylor Swift in *Algonquin Park!*)

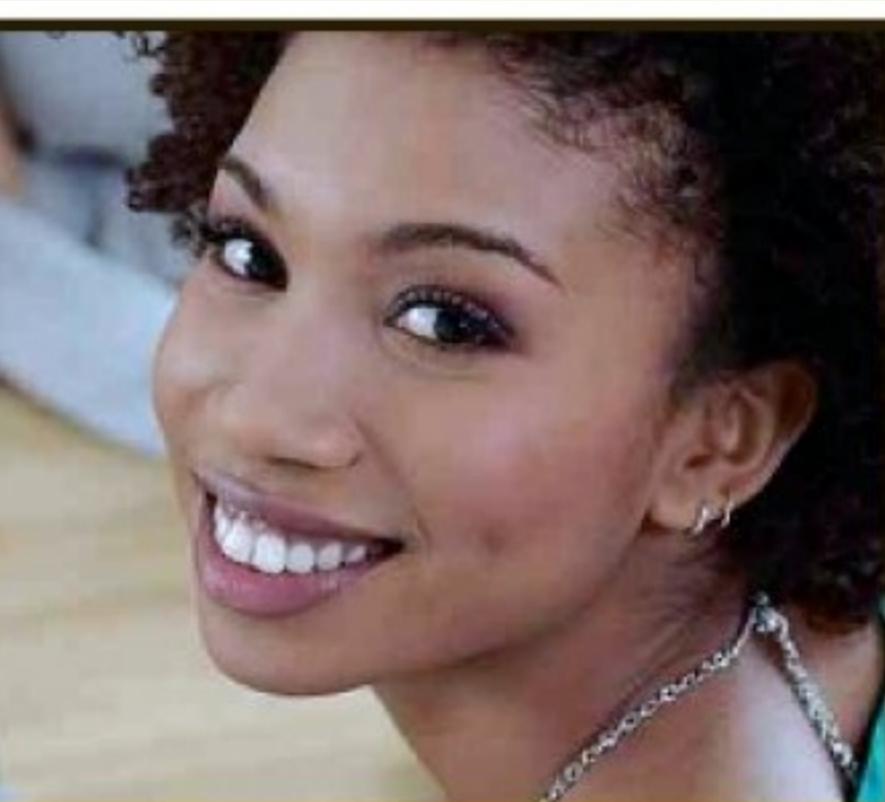
But the lure is obvious. Rose is an endearing character and fame is an enduring subject. And far from sucking up to or glorifying her starry subjects, Jackson renders them human, needy and emotionally unpredictable in ways that not only have to do with their fame, but also with what their work evokes in our psyches. They also act — sometimes movingly — as spirit guides for Rose as she moves, self-aware, longing and sometimes filled with rage, through the chapters of her life.

Some chapters work better than others, some stars I could definitely do without. Why couldn't Adam Driver have been Ryan Gosling?

I would hate to see this conceit in a lesser writer's hands. In fact, Jackson's central character, Rose, is so rich that I began to fantasize reading about her life and loves without the distraction of Gwyneth Paltrow. There's an interesting celebrity fantasy — poof, they're gone. Next time.

In the meantime, Jackson has done something whimsical and deft. I'm glad she left Al Pacino alone. He will always be mine.

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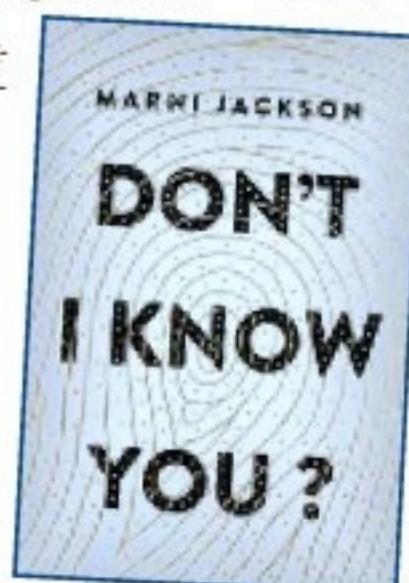
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Why three big films bombed at the box office

ANALYSIS

No love for Blair Witch, Bridget Jones and Ed Snowden

Peter Howell
Torstar News Service

Maybe they didn't hit with the same explosive impact as the Brangelina split, but three box-office bombs last weekend certainly rocked Hollywood.

Horror film *Blair Witch*, whistleblower docudrama *Snowden* and rom-com *Bridget Jones's Baby* all opened to considerably lower ticket sales in the U.S. and Canada than studios and pundits had predicted, with each film taking in less than \$10 million (U.S.).

Clint Eastwood's air drama *Sully* held the No. 1 position for a second week with its strong \$22-million take, one of the few bright spots in a weekend that ranked amongst the year's worst.

"Peg it to a maelstrom of awful tracking, dusty properties and too many titles catering to the female demo," said Deadline Hollywood's Anthony D'Alessandro. But was it as simple as all that?

Blair Witch and *Snowden* don't strike me as "catering to the female demo." And while sequels *Blair Witch* and *Bridget Jones* are many years past their franchise debuts, so was Pixar's *Finding Dory* when it launched in June, hooking more dollars than *Finding Nemo* did in 2003.

I did an informal poll of friends and family and found most were more "meh" than "hey!" about the three new films at the multiplex. They reckoned that *Blair Witch* and *Bridget Jones* could wait until home video while *Snowden*'s fact-based account of U.S. whistleblower Edward Snowden's continuing battle for truth and justice seemed more like a *60 Minutes* story than night out at the movies.

Nobody saw this coming, and the question now is whether last weekend's box-office bloodbath was a fluke or portent of a grim future.

I contacted box-office expert Paul Dergarabedian, senior media analyst for comScore, a cross-platform audience measurement firm. We'd previously talked in June about the summer's dull line-up of sequels and remakes.

The season rolled out much like he expected: of 14 sequels, remakes and reboots released this summer, just three of them — *Captain America: Civil War*, *Finding Dory* and *The Purge: Elec-*



Blair Witch brought in less than \$10 million at the box office last weekend. In contrast, Clint Eastwood's *Sully* brought in \$22 million in its second weekend at the theatre. CONTRIBUTED

tion Year — sold more tickets than their immediate franchise predecessors.

Dergarabedian was surprised as everybody else in Hollywood by last weekend's triple flop, but he has reasons for it. The most simple being that it's always slow at the box office the weekend after Labour Day, as families return to work and school routines. Still, it wasn't supposed to be this slow. "Newcomers are supposed to supercharge your box office, but it just didn't happen," Dergarabedian says of *Blair Witch*, *Snowden* and *Bridget Jones*.

"The only thing these three movies had in common was the 'R' rating, which can be a problem right there. Otherwise, they were vastly different, so you had lots of counter-programming potential there. But none of those films were able to gain any traction."

It looks like *Sully* stole adult audiences from Oliver Stone's *Snowden*, with moviegoers evidently preferring the former's happy ending to the latter's still unresolved situation.

"We're in such a politically charged environment," Dergarabedian observes. "People can turn on the news and get all kinds of dramatic, intrigue-filled political drama. So *Snowden* by comparison looked positively tame compared with what's going on in the world right now."

Blair Witch, the "real" sequel to *The Blair Witch Project*, likely

Newcomers are supposed to supercharge your box office, but it just didn't happen

Box office expert
Paul Dergarabedian

fell prey to another horror film, *Don't Breathe*, which has proven surprisingly durable since its Aug. 26 release. Horror fans apparently prefer a new scary story to a refried older one, despite clever marketing for *Blair Witch* and the strong reception it enjoyed at its TIFF *Midnight Madness* world premiere.

As for *Bridget Jones*, Dergarabedian admits he's less certain about why this one failed. Renée Zellweger got mostly good reviews for her return to the London singleton role she last played in 2004 — including my own three stars out of four rating — but the film failed to move the North American masses.

It did much better overseas, pulling in nearly \$30 million, about \$11 million of that from the U.K. alone.

"I think this character resonates much more strongly in the U.K. and overseas than it does in North America," Dergarabedian says.

But despite what happened

last weekend, he's not predicting similar bad news for this weekend, which features the wide releases of western adventure *The Magnificent Seven* and animated family comedy *Storks*.

Dergarabedian predicts an opening-weekend take of nearly \$40 million for *The Magnificent Seven* and \$30 million for *Storks*.

"So we'll be back on track," he says. "Last weekend was an anomaly."

Even better, he sees no evidence that people are tiring of going out to the movies, even with the increasing numbers of viewing platforms for films. This year's box-office figures are currently running 5 per cent ahead of 2015 in Canada and the U.S., and last year was a good year.

"Going to the movies is a habit," Dergarabedian says.

"People want to go out and have dinner and see a movie, and a lot of them them make up their minds on what to see after they arrive at the theatre."

It certainly helps if the movies are good, and lately the quality has been iffy.

But Dergarabedian says his upbeat forecast would change if Hollywood continues to have many more summers like the one just past.

"If we're still talking about just three out of 14 summer sequels out-performing their predecessors every year over the course of many years, that could be a problem."

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Bee puts NBC on blast over Trump

LATE NIGHT

Comic not impressed by 'gossamer-light' interviews'

Comic Samantha Bee insists she's a Jimmy Fallon fan. But she said Wednesday that her caustic attack this week on Fallon's now-infamous hair musing appearance with Donald Trump came because she'd had it with the "continued normalization of deplorable."

The fallout from Trump's Tonight Show appearance last Thursday is the most serious faced by the genial Fallon since he replaced Jay Leno in 2014 and instantly became the nation's most popular late-night host.

He received widespread criticism for being too chummy with the Republican candidate — Democrat Hillary Clinton jokingly presented Fallon with a bag of softballs — and Bee cited that appearance and Trump's week hosting Saturday Night Live last fall in a segment on her TBS show on Monday. She accused NBC of tacitly condoning a demagogue.

"It was not really a Jimmy thing," Bee said on Wednesday. "It was more of an NBC thing. Coming on the heels of the Matt Lauer interview (of Trump, at a national security forum), we were just done ... with these gossamer-light interviews of this person and the continued normalization of deplorable."

NBC hasn't responded to the fallout.

In the TBS segment, Bee said that at a time some opponents compare Trump to Adolf Hitler, "maybe don't invite him into your house to play with your adorable children."

She then showed clips of Fallon asking Trump whether he had ever played the board game Sorry and messing up the candidate's elaborate hairstyle.

"Aw. Trump can be a total sweetheart with someone who has no reason to be terrified of him," Bee said on TBS.

Fallon's interview may have been a case of exquisitely bad timing, coming just as polls reflected a tightening presidential race and Clinton's supporters were becoming nervous. And it contrasted with some of Fallon's late-night brethren, particularly Seth Meyers and Stephen Colbert, who brutalized Trump this



Hillary Clinton presented Jimmy Fallon with a bag of softballs after his Trump interview. HANDOUT

week for his statement on the birther controversy he nurtured.

To a certain school of comics, one criticism may have stung the most: Vulture's assertion that Fallon had "become Jay Leno." Of course, Leno did strong business for NBC for two decades.

Trump and NBC have been linked since he hosted The Ap-



Aw. Trump can be a total sweetheart with someone who has no reason to be terrified of him.

Samantha Bee on the Fallon-Trump interview

prentice for the network. NBC cut business ties to Trump's Miss Universe pageant following Trump's description of some Mexican immigrants as rapists in 2015, even though some found the later SNL hosting slot inconsistent with that decision.

The Trump appearance on Fallon wasn't much different from when other politicians are on his show; it was the context that was different. When interviewing Clinton on Monday, Fallon jokingly donned a surgical mask (ostensibly to protect himself from exposure to the Democrat's pneumonia) and asked whether her husband, former President Bill Clinton, "is a good nurse."

"Anyone who knows Jimmy Fallon knows that what he offered up in the Trump interview was par for the course," said Dannagal Young, a University of Delaware professor and expert on late-night comedy. "It's consistent with his style and consistent with the point of his show. He's not a satirist. He's like your playful little brother."

But Fallon should be mindful of the fact that with less than two months until the election, it's a much different atmosphere, Young said.

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Big paycheques for stars of The Big Bang Theory

CULTURE

Stars on the show are the highest-paid people on TV

The Big Bang Theory does a bang-up job of making its stars rich.

The CBS comedy claims TV's four best-paid actors, according to the annual list released Thursday by Forbes.

Jim Parsons led with a \$25.5 million take between June 2015 and this June, Forbes said, followed by cast-mates Johnny Galecki (\$24 million), Simon Helberg (\$22.5 million) and Kunal Nayyar (\$22 million).

In fifth place: Mark Harmon, star of CBS' drama NCIS, was paid \$20 million (as with all these actors, before management fees and taxes).

Forbes' list of TV actresses, released last week, reaffirms

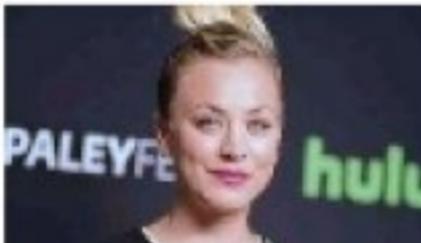


Meet the highest-paid men on television: From left, Jim Parsons, Johnny Galecki, Simon Helberg and Kunal Nayyar appear in a scene from the comedy *The Big Bang Theory*. HANDOUT

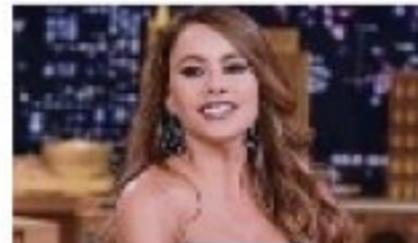
the generous salaries for Big Bang stars: Leading lady, Kaley Cuoco placed second on that list, with \$24.5 million.

In that top spot: ABC's Modern Family bombshell Sofia Vergara, with \$43 million.

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Kaley Cuoco



Sofia Vergara

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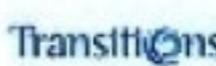
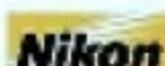
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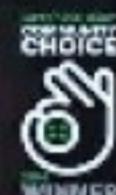
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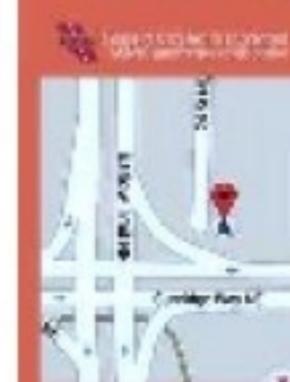


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FAMILY DRAMA

Star Milo Ventimiglia on the appeal of This is Us

With many calling it the new Parenthood and over eight million views of its trailer on YouTube alone, it's clear there's much anticipation for the new series *This Is Us*.

Airing Tuesdays at 9 p.m. ET on CTV, the family drama, which debuted this week, follows a group of everyday characters, with several sharing the same birthday and having intersecting lives that come together at the end of the first episode.

Milo Ventimiglia co-stars with Mandy Moore as a married couple about to give birth to triplets. As she goes into labour, she faces a health complication that creates immense suspense.

Other cast members include Chrissy Metz as a woman struggling with her weight. Justin Hartley plays her brother, an actor bored with his career, and Sterling K. Brown (who won an Emmy on Sunday for *The People v. O.J. Simpson: American Crime*



Susan Kelechi Watson and Emmy winner Sterling K. Brown star in *This Is Us*. HANDOUT

Story) plays a businessman in search of his birth father.

"I think people are wanting a show like this," said Ventimiglia.

"I think people are wanting

something that is deeply human and emotional and uplifting at the same time. I think people want to feel something more than who's shooting who, who's

sleeping with who, who's flying off and who's looking in the sky for aliens."

The show — created by Dan Fogelman, who wrote the film

Crazy, Stupid, Love — stands out in a TV landscape filled with "high action, high impact, over-exposed type storylines and characters," he added.

"This is just something that's simple — a couple having triplets, a woman battling her weight, a successful man reconnecting with his birth father, an actor who's kind of bored and disappointed in the idea of fame and money. It's life, a lot of tears, a lot of laughter."

Ventimiglia said he was excited to get a script for a regular character, after playing roles including superhero Peter Petrelli in "Heroes."

"There were no superheroes, there were no aliens, there were no guns or uniforms," he said. "It was just like, 'Oh, I get to be just a guy? Just a guy who works in construction and is expecting a family? How exciting!' And refreshing.

"He's very different than guys I've played in the past where I constantly had to furrow my brow and do some kind of crazy superhero pose or say something wry and off-centre."

Twenty years into his acting career, the California native said he feels like he's "just getting started."

"I feel like I just finally took one step off the start line and I feel like the last 20 years, all that was preparation to be right here."

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Roseanne Barr would (grudgingly) pick Trump

STANDUP

Comedian also calls Trudeau a 'cyborg'

Go ahead, blame comedian Roseanne Barr for the rise of Donald Trump.

On her talk show in 1998, Barr says she was among the first to publicly implore the controversial Republican candidate to run for president.

"I know, it's so funny," says Barr in that immediately recognizable deadpan monotone, talking from her farm in Hawaii where she grows, among other things, macadamia nuts.

"He was a guest on my show with (documentary maker) Michael Moore and, really, he had these great progressive ideas. And now look where he's gone."

Barr isn't so much a fan of Trump anymore. But she's not a fan of Hillary Clinton either.

She told *Torstar News Service* that she would rather vote for herself. And even though she doesn't intend to vote for and doesn't endorse either the Democratic or Republican candidate, she would pick Trump over Clinton if there were no other options, she says.

"I think he's trying to wake people up and she's trying to put them to sleep," says Barr. "Sometimes when you try and wake people up you say extraordinary things to get through that veil."

The old Republican party is "crumbling and needed to be changed," says Barr. Clinton is the "old status quo. She doesn't want to change. She would be the third Bush."

If Clinton wins, adds Barr, it could be "scary" for Canadians.

"There is no safe place for a globalist who sells weapons all over the place. She might invade Canada next."

Canadians get a chance to hear the comic's viewpoint on American politics in person this week. She has been on a Canadian tour culminating in an appearance at the comedy festival JFL42 Friday in Toronto.

She is, of course, best known as the star of *Roseanne*, her sitcom that ran for nine seasons

from 1988 to 1997, becoming the No. 1 show on TV in 1989 and 1990.

The series was among the first to portray American working-class families with a sense of reality, along the way tackling serious issues such as sexuality, politics, domestic violence and gay rights. Along with the blue-collar Bunkers and the Kramdens, the Conners, with Barr as the so-called "Domestic Goddess" and John Goodman as her husband, became part of TV lore.

Barr hired many of the top creators in the business, in a writers' room that should be seen as nothing but legendary. The lineup included Judd Apatow (*Girls*), Chuck Lorre (*The Big Bang Theory*), Norm Macdonald (*Saturday Night Live*), Amy Sherman-Palladino (*Gilmore Girls*) and Joss Whedon (*Buffy the Vampire Slayer*).

"I guess we did have some pretty good people working with us," says Barr.

I ask if Barr thinks it's ironic that Trump, who lives in a gold-plated penthouse tower in Manhattan, has somehow become the voice of the working class. She says she doesn't think so.

"At least he's talking about jobs," says Barr. "Working class people are pro Donald Trump. The Democrats have all these professors and elitists; they never speak about unions. They sold out working people."

In 2012, Barr, now 63, ran for president. Her involvement in politics was documented in Eric Weinrib's *Roseanne for President!*, in which she attempts to become the presidential nominee for the Green Party. She eventually became the Peace and Freedom Party nominee.

Despite the at times bruising experience, she says she would do it again. Maybe in 2020. And maybe even with rapper Kanye West, who has said in the past that he may run for the Oval Office.

"I might run with Kanye," says Barr jokingly. "He's pretty smart. Although he's got a big mouth and there's too much cyborg s— going on with him. As you can tell by his horrendous music."

TORSTAR NEWS SERVICE

'I think he's trying to wake people up and she's trying to put them to sleep.'
Roseanne Barr, on Trump versus Clinton

MIKE WINDLE/GETTY IMAGES



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Big acts vie for Polaris Heritage Prize

AWARDS

Fans can vote on favourite influential Canuck albums

Influential albums from Neil Young, Alanis Morissette, the Tragically Hip and Arcade Fire are among those vying for the second annual Polaris Heritage Prizes.

Organizers for the 11-year-old Polaris Music Prize are giving Canadians the opportunity to backtrack and vote for their favourite albums from the pre-Polaris years.

The Slaight Family Polaris Heritage Prize will then honour two albums released in each of four time periods spanning prolific musical decades from the 1960s to the 2000s.

One winner will be selected through the public vote and a different album from each era will be chosen by a Polaris jury.

Listeners can visit the Polaris website to vote before

Oct. 17.

Winners will be announced Oct. 24.

Among the nominees for the 1960 to 1975 prizes are two albums from both the Band and Young, as well as Gordon Lightfoot's *Lightfoot!* and Leonard Cohen's *Songs Of Leonard Cohen*.

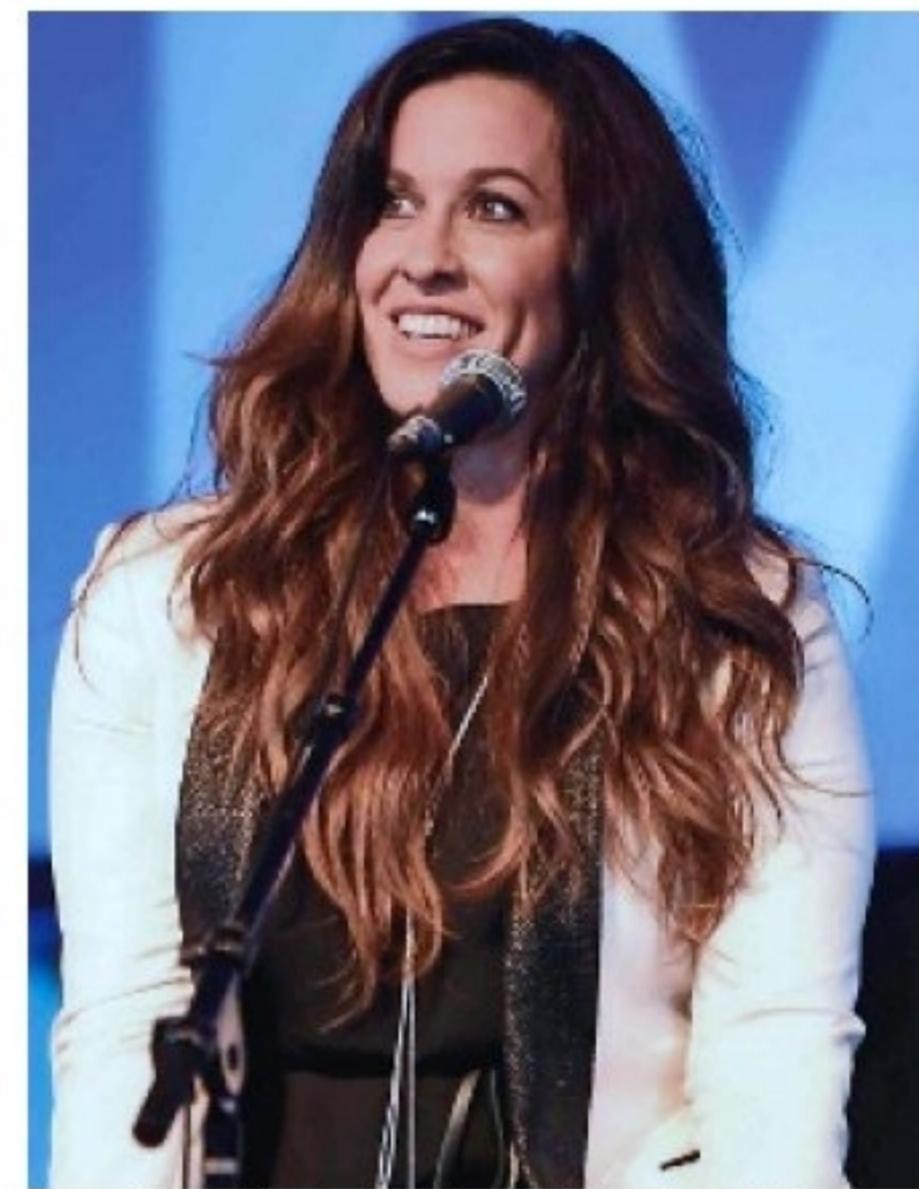
In the prize window for 1976 to 1985 are titles that include Bruce Cockburn's *Stealing Fire*, Rough Trade's *Avoid Freud* and Rush's *Moving Pictures*.

From 1986 to 1995, Blue Rodeo's *5 Days In July*, Maestro Fresh Wes' *Symphony In Effect*, Sarah McLachlan's *Fumbling Towards Ecstasy* and Morissette's *Jagged Little Pill* are among those in the running.

And for the 1996 to 2006 period Arcade Fire's *Funeral*, Feist's *Let It Die* and k-os' *Joyful Rebellion* are included in the nominees.

Last year's heritage winners were *Blue* by Joni Mitchell, *The Trinity Session* by the Cowboy Junkies, *Twice Removed* by Sloan and Peaches' *The Teaches of Peaches*.

THE CANADIAN PRESS



Maestro Fresh Wes' *Symphony In Effect* and Alanis Morissette's *Jagged Little Pill* are both in the running for the Polaris Heritage Prize for albums released between 1986 to 1995. GETTY IMAGES

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No rest for Polaris man Kaytranada

NEW MUSIC

In middle of world tour, producer drops mixtape

Winning the Polaris Music Prize is giving Kaytranada reason to feel a little more whole as an artist.

The Haitian-Canadian producer surprised fans late Wednesday by dropping a new 90-minute mixtape called 0.001%?? on his SoundCloud page.

The title is a direct reference to his most recent album 99.9%, which took home the Polaris prize on Monday.

Featured in the mix are samples from Kaytranada's previous collaborations with other musicians, as well as his own remix of Usher's U Don't Have to Call and Chance the Rapper's All Night.

Overall, the sound keeps in step with his late-night melange of funk, soul, hip hop and disco.

"Strictly for Kaytranada fans,"



Kaytranada dropped a new 90-minute mixtape called 0.001%?? on his SoundCloud page. THEROBONG/Flickr

he tweeted shortly after posting the mixtape.

Kaytranada's name is also attached to The Move, a new song released by Portland, Ore., songstress Reva Devito on Thursday.

It's been a stellar week for the Montreal-raised producer, who beat out big names like Carly Rae Jepsen and Grimes to take home the Polaris album honour.

Along with the bragging rights of the title, he also won a \$50,000 prize. After winning, Kaytranada took to Twitter to express his dis-

belief and highlight a congratulatory phone call he received from rapper Wyclef Jean.

"U don't know how that is from a Haitian to another!" he tweeted.

Kaytranada is in the midst of a world tour that will stop in Vancouver on Sept. 30 before heading to other North American cities like New York and Chicago. He will then travel to Australia and New Zealand for a run of dates in late October.

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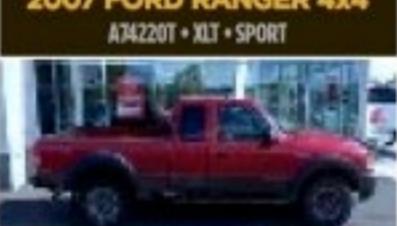
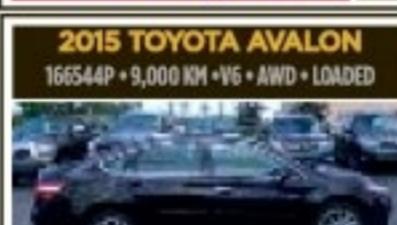
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New album and a new look for The Weeknd

CRYPTIC CLUES

Singer teases with emojis and messages about 'new era'

The Weeknd is giving fans a tease of his next album and signs that he's shed his trademark hairdo.

The Toronto-raised musician shared the artwork for Starboy on his social media accounts on Wednesday, but stopped short of revealing details about a release date or a first single.

The cover hints the singer could be backing away from the gothic imagery of his most recent hit release, Beauty Behind the Madness, in favour of a look that evokes the stylings of Quentin Tarantino movie posters.

In the shot, The Weeknd is

basked in blue light against a vibrant red background, with a large crucifix hanging from his neck.

He's also missing his famous dreadlocks in favour of a shorter haircut.

The photograph was shot by Nabil, who has worked with the singer in the past and filmed music videos for Frank Ocean and K'naan.

The Weeknd, 26, recently spoke with fashion and culture magazine Vman about the sound of his upcoming album, saying he found inspiration in artists and groups like the Smiths, Bad Brains, Talking Heads, Prince, and DeBarge.

His Ethiopian linguistic roots will also turn up on the album in a bigger way, he said. He briefly spoke Amharic on the track "The Hills" from Beauty Behind the Madness.

The singer also talked to

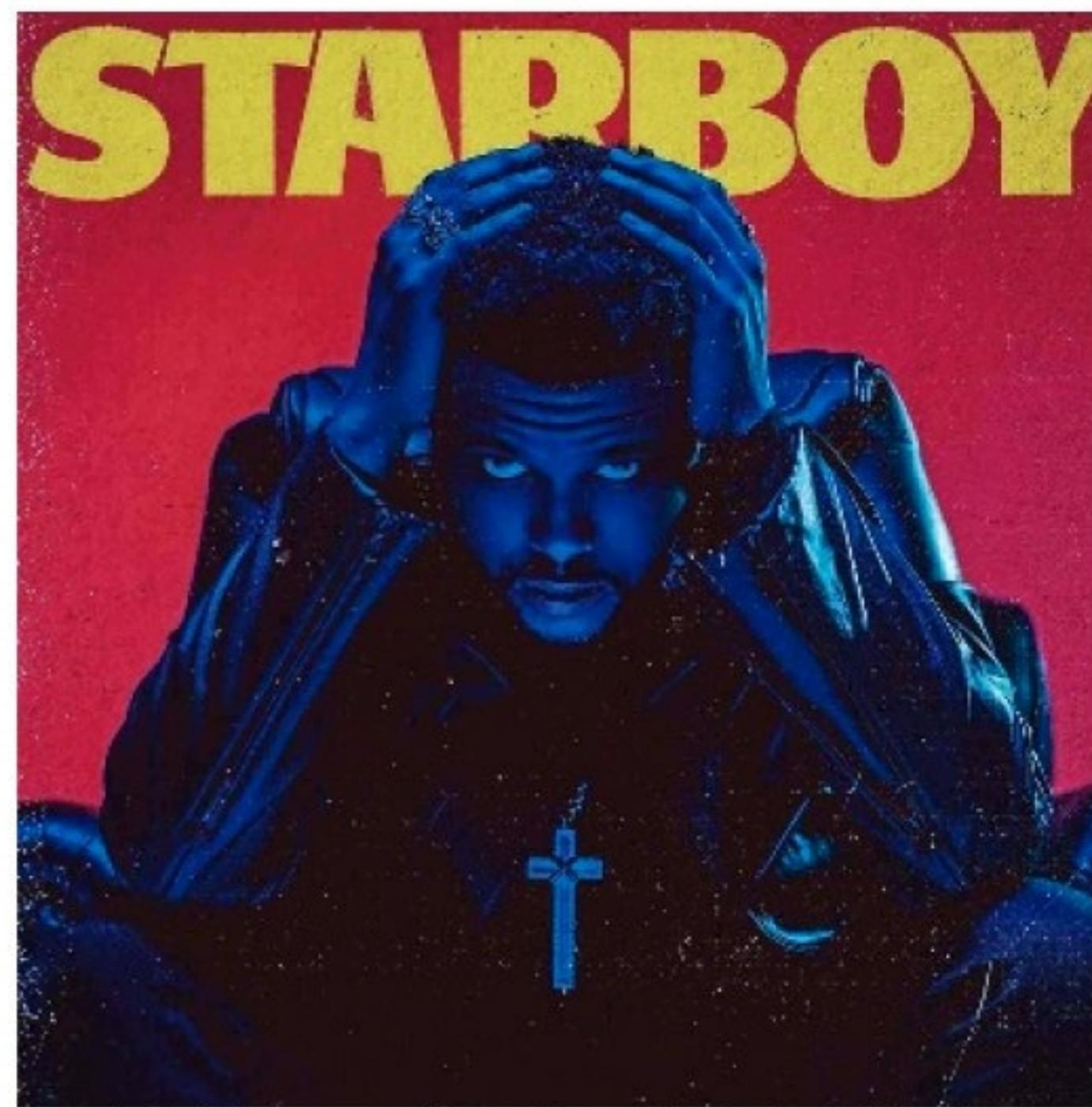
VMan about his cinematic aspirations, saying he first wanted to be a filmmaker before turning to music. He cited Canadian director David Cronenberg as a source of influence, alongside David Lynch, Stanley Kubrick and Martin Scorsese. He said they all influenced his appearance and esthetic.

The Weeknd, born Abel Tesfaye, was reportedly working in the studio with French electronic duo Daft Punk over the summer, although it's unclear if that project is related to his own album.

Last week, he offered a few cryptic clues about his plans with a message on Instagram saying: "This is my last post before the new era."

He also tweeted emojis of fall leaves and an hourglass, which some interpreted as signs of a fall release for his next project.

THE CANADIAN PRESS



The Weeknd is giving fans a tease of his next album and signs that he's shed his trademark hairdo. The Toronto-raised musician shared the artwork on social media. THE CANADIAN PRESS

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Farrow's son died of suicide: Official

MEDICAL EXAMINATION

Autopsy finds 27-year-old shot himself in the torso

The 27-year-old, paraplegic son of actress Mia Farrow fatally shot himself in the torso before being found in his vehicle along a Connecticut road, the state medical examiner's office ruled Thursday.

Thaddeus Wilk Farrow was found seriously wounded in his vehicle in Roxbury on Wednesday, about 8 miles from his mother's home in neighbouring Bridgewater. He was later pronounced dead at a hospital.

The medical examiner's office determined the cause of death was suicide during an autopsy. State police had said there was no criminal element to the death.

Mia Farrow wrote in a Twitter posting on Thursday that



Thaddeus Wilk Farrow, son of actress Mia Farrow, is seen here in a file photo from 2000. He died Wednesday after being found seriously injured in his vehicle in Connecticut. THE ASSOCIATED PRESS

her family is devastated by Thaddeus' death.

"He was a wonderful, courageous person who overcame so much hardship in his

short life," she wrote. "We miss him. Thank you for the outpouring of condolences and words of kindness."

THE ASSOCIATED PRESS

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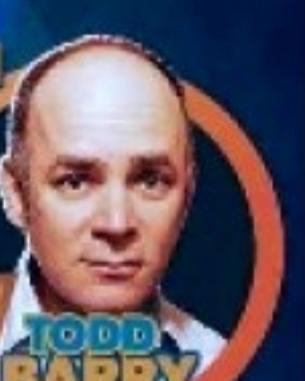
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Turmeric is a mild spice and tastes sweet in this latte, also known as "golden milk." MEERA SODHA VIA AP



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Turmeric adds sweet, sunny glow to hot drink

RECIPE

Enjoy warmth of India in the comfort of your own mug

With fashion week swirling from New York to London, Milan and Paris, one can't help but think about ingredients that are in vogue.

Turmeric, the day-glow Indian spice, is one of the hottest ingredients around at the moment — and turmeric latte, or "golden milk," is a delicious recipe for incorporating it into your diet.

A mild spice, turmeric in its powdered form can be added to most things unobtrusively. At home, when cooking Indian food, we use it in its powdered version in every main meal a quarter of a teaspoon at a time.

In small quantities, you barely notice the flavour. It's mild, mellow and earthy.

Infused into warm milk, like in this turmeric latte, it tastes sweet and zingy.

For me (and many Indians), it is the taste of childhood, of a few days off school, tucked up in bed and being looked after.

But now, I need no excuse, I drink it first thing in the morning for a jolt of sunshine or last thing at night for a soothing evening drink.

It's even good cold, as a milkshake, when the weather is unbearably hot.

Here's how to make it in your own kitchen.

Turmeric Latte Serves 2

Ingredients:

- 1 inch turmeric root, peeled and grated or 1/2 tsp ground turmeric
- 3/4 inch ginger root, peeled and grated
- 2 cups milk (I like unsweetened almond, but any is fine)
- 2 pinches of ground cardamom (optional)
- 1 1/2 - 2 Tbsp honey (or to taste)

Directions:

1. Place the milk, turmeric, ginger, cardamom and honey into a small sauce pan and bring to a simmer then turn the heat off.
2. Leave to infuse for a couple of minutes, stir, then pour the milk through a fine sieve or mesh strainer into two mugs, squeezing out the last of the gingery turmeric juice with the back of a spoon. Stir and check for sweetness, adding more honey if needed.
3. Drink right away or refrigerate, it will keep for couple of days. Stir before serving.

Nutritional info:

101 calories; 4 g fat (0 g saturated; 0 g trans fats); 17 g carbohydrate; 1 g fiber; 14 g sugar; 1 g protein.

MEERA SODHA/
THE ASSOCIATED PRESS

Meera Sodha is an Indian foods expert and author of *Made in India: Recipes from an Indian family kitchen*. She lives in London, blogs at www.meerasodha.com

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Ayesha Curry spices up cooking career

THE SEASONED LIFE

New TV show, cookbook take recipes beyond home kitchen

Ayesha Curry remembers the first meal she cooked for her ultra-popular NBA player-husband Stephen Curry: a baked chicken dish. But the meal Stephen whipped up for his chef-wife wasn't as tasty.

Or edible.

"The one time he cooked for me, it was awful. It was salty, cream of wheat, gushers lined up on a plate as garnish," Ayesha, 27, said in an interview Tuesday. "It was cute, but I couldn't eat it."

Ayesha said the Golden State Warriors point guard loved the first meal she made, which included "his dad's famous seasoning."

"So maybe that's the reason why we're still married," she laughed. "I don't know. I hope it's more than that."

Food has played a large part in the family's life — and Ayesha's career. She just launched her first cookbook,



Ayesha Curry, wife of NBA superstar Stephen Curry, calls her popular "pancrepes" recipe a "happy accident."

KEVIN WINTER/GETTY IMAGES

The Seasoned Life, and she cooks all the meals for her family — including daughters Riley, 4, and Ryan, 1 — without the help of a chef.

"No discredit to the people that do — I'm always watching and looking on social media at the stuff that they make — but at home I think I'm so prideful with my food and so I make everything," she said.

For the book, she also worked independently: "I food styled and cooked all the food for the photos myself, so it was just the photographer and I."

Ayesha says the recipes are quick, easy and accessible. Some reflect her multicultural background — her mother is Jamaican and Chinese and her father is black and Polish.

"It's a big part of the way I cook, the way I flavour my food, and I think it helped me growing up to be able to play around with my food and experiment," she said.

Ayesha said she turned to food professionally after starting her cooking blog.

Some of the standouts in her book include her Mama Alexander's brown sugar

chicken, Stephen's five-ingredient pasta (for game days) and her honey-peppered cast-iron biscuits. She came up with her "pancrepes" by accident.

"I just threw stuff together, put it in a pan and then realized I left out the thickening agent, what was going to fluff that pancake up, and it was the consistency of a crepe, but they were so delicious," she said. "The whole family

PREMIERE

The first episode of Ayesha Curry's new cooking show, Ayesha's Homemade, airs Oct. 22 on the Food Network.

loves them. They're great. It's my happy accident."

She says she enjoys cooking with her daughters, and

getting Riley involved has helped expand her palette: "The way that I get her to try stuff is by making it with me because then she's seeing what's going into (it) ... and she's feeling like she's accomplished something."

Riley's become a social media star, garnering attention at her father's basketball games, press conferences and more.

Ayesha's new cooking

show, Ayesha's Homemade, premieres Oct. 22 on the Food Network and was filmed at the Currys' home in Alamo, California.

"I tend to be super goofy and that will come off on the show," she said. "I'm just excited for people to see that I don't take things so seriously — life's too short, so we've got to have fun and make things easy."

THE ASSOCIATED PRESS

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Dan Hayes, left, and Art Napoleon are seen in an undated handout photo. The two chefs co-host the show Moosemeat and Marmalade on APTN. PHOTO CREDIT IN SMALL CAPS

Chefs offer insight into diverse cultures, methods

FOOD

Pair return for season 2 of Moosemeat and Marmalade

Art Napoleon and Dan Hayes appear to be an unlikely pair, but they both bring passion and knowledge from their diverse backgrounds as they explore food cultures and traditions in the TV show Moosemeat and Marmalade.

Napoleon is a wild game foodie and bush cook who grew up living off the land in northeastern British Columbia. Hayes is a classically trained chef who has worked in England, Spain and the Canary Islands. He owns The London Chef, a cooking school, pantry and catering company in Victoria.

Both share a zeal for investigating what sustainability and food production look like in the modern world and use their expertise to hunt, forage or ice fish in various locations.

In season 2 of Moosemeat and Marmalade, airing on APTN, the pair continue to explore their different cultures and venture out of B.C., travelling to Ontario, England and Scotland.

In each of the 13 episodes,

one of them chooses an ingredient — examples include moose, porcupine, squirrel, beaver, caviar and urchin — and leads the journey.

They then create unique dishes from the ingredients they've found.

"When he's leading basically we're going into regular kind of chef-y establishments where real chefs would hang out, not bush men like me, and I'm the fish out of water," explains Napoleon, who also writes, produces, transcribes and voices the show into Cree.

"And then when I'm leading an episode we usually head to the woods, hunt, we forage and then he's the fish out of water and we're kind of like the odd couple. Any chance to educate we throw that in too."

Napoleon, who makes Victoria his home and is from Moberly Lake, B.C., says he

grew up "eating a lot of game from the land."

He was raised by grandparents, who didn't speak English. "They were still basically following the cycles of the land," says Napoleon. "We still had hunting seasons for different game and we had a garden for our veggies and we foraged a lot, picked a lot of berries as a kid."

"We were basically still living off the land. That's where I picked up some of these skills, cook with fire, learning all the stuff that goes with outdoor cookery."

Filming Moosemeat and Marmalade has come with challenges.

"I know other outdoor shows have big, big budgets and they take a long period of time to get the right kind of shots, especially hunting shows, they take days to get their animal — and we're doing it in three hours,

I know other outdoor shows have big, big budgets and they take a long period of time to get the right kind of shots, especially hunting shows, they take days to get their animal — and we're doing it in three hours, and we're going into areas we don't necessarily know. Art Napoleon

and we're going into areas we don't necessarily know," says Napoleon.

"When we did it in my territory it was no problem because I know the country like the back of my hand. We got three game animals three days in a row. That's probably a little bit of magic and luck. But now when we're going all over parts of Canada we have to magically find the right guides that we can trust, that know their territories and that can try to guarantee us an animal."

When a couple of guides didn't come through, local hunters donated meat. "It's also classified as a documentary series so we've got to go with what's real," Napoleon notes.

Napoleon, whose resume includes the CBC Winnipeg Comedy Festival, Down 2 Earth, Dead Dog Cafe Comedy Hour and The New Canoe, which earned him a Leo Award nomination for hosting, met Hayes on the set of the children's TV series Tiga Talk where the chef was catering lunches.

He learned Hayes liked to hunt.

"He was quite fascinated by my ability to hunt whenever I want to and that I grew up on the land, so he agreed to a screen test and there was chemistry right from the beginning," says Napoleon. THE CANADIAN PRESS



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Met exhibit looks at Shaker design

FURNITURE

Installation showcases influence on modern times

The Shakers, an industrious and pious New England sect that rose to prominence in the 19th century but whose membership has now dwindled from thousands to three, have long had an outsize influence on design and designers.

A new installation at the Metropolitan Museum of Art, *Simple Gifts: Shaker at the Met*, explores Shaker furniture and textiles and their impact. The installation, which opened this summer, remains on view through June 25, 2017.

The Shakers arrived from England in 1774 and saw industriousness as a way of praising God. They embraced communal property, communal living, and racial and gender equality, all radical concepts at the time.

Their furniture, while streamlined and functional, also conveys a modern sensibility.

"They worked very hard to design their furniture according to the golden mean of proportion, and features like graduated drawers were designed using complex calculations," said Michael Graham, director of the SabbathDay Lake Shaker Museum in Gloucester, Maine, site of the only remaining Shaker community.

Their pragmatism and quest for efficiency led them to use lathes to produce turned chair spindles, and in some cases they made clothing using ready-made



The Alfred Chair, produced by Maine-based Chilton Furniture. TUEMMLER/STRETCH STUDIO/CHILTON FURNITURE VIA AP

fabrics, said Alyce Perry Englund, assistant curator of American Decorative Arts at the Met, who curated the installation. They borrowed ideas they found useful, such as a revolving chair from 1851 that was a precursor to modern ergonomic office chairs.

The Shakers added tilting discs to chairs' back legs to make them easier to lean back in; put wheels on beds to facilitate cleaning; and used a series of pegs set in rails high on a wall to hang chairs.

The first gallery of the Met's installation focuses on Shaker



The Oval Box; American, 1800-1900. THE METROPOLITAN MUSEUM OF ART / THE ASSOCIATED PRESS

They worked very hard to design their furniture according to the golden mean of proportion ... It had clean lines, but was not at all simple. Michael Graham

furniture design and includes rocking chairs, a revolving chair and a cupboard from the 1800s.

The second gallery focuses on textiles, including a rug, bonnet and dress, alongside furniture and boxes. The big surprise here is the bright colours. Although the popular image of Shaker furniture is of natural finishes, some Shaker chests and boxes of the 19th century come in red, blue and yellow washes.

The third and final gallery features a projection of Appalachian Spring, a televised 1958 performance showing Martha Graham dancing to Aaron Copland's score, amid props by Modernist designer Isamu Noguchi.

It is one of many intersections between Modernism and Shaker esthetics.

"The Shakers began selling their century-old furniture to buy more modern furniture for themselves, and to earn money for their community, just as the Modernists were searching for inspiration in their quest for spare and functional design," Michael Graham said.

Danish Modern furniture was heavily inspired by Shaker esthetics, Englund and Graham said. Both Shaker and Modernist furniture were first exhibited by major museums in New York in the 1930s, gaining popularity.

The Met's show ends with a

video by contemporary sculptor Tom Sachs, famous for assemblages of computers and other technology, who explains the deep connection he feels with Shaker ideals.

Shaker furniture continues to be widely popular, and today's tiny Shaker community welcomes dozens of people to their services, and has recently begun to contract locally to make pieces according to their specifications.

Maine-based Chilton Furniture, owned by Jennifer and Jared Levin, produces a chair made to exact 1830 Shaker specifications called the Alfred Chair, with design and production approved by the Shakers.

"The Shakers were so very modern in their approach. And there's definitely a resurgence of interest in Shaker and Shaker-inspired pieces. There's something timeless about it," Jennifer Levin said.

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Get svelte with the 'physical DJ'

FITNESS TREND

Calgary-born Anna Kaiser is whipping celebs in shape

Anna Kaiser considers herself a "physical DJ."

Music is an integral part of the Calgary-born celebrity trainer's workouts at AKT In-Motion, a New York-based fitness studio with a dance-based interval training program at its core.

"We (the instructors) have to be inspired by the music in order to inspire others," says Kaiser, who has worked with celebrities from actresses Kelly Ripa and Sarah Jessica Parker to model Karlie Kloss and singer Shakira.

Kaiser combines pilates and hip-hop, power yoga and jazz, kick-boxing and TRX suspension rope training with Top 40 hits or deep house music.

Kaiser spoke from New York to offer fitness tips and share a short workout and playlist inspired by her dance-based interval training program at AKT.

How did you get started in dance and fitness?

I did yoga for many years, and then couldn't do another sun salutation. I tried pilates for many years and couldn't do another hundred. I went through all the phases. I got into the elliptical machine, same with spinning and heavy weight lifting and overbuilt my upper body. I had to keep myself in shape aesthetically as a dancer but also be able to perform at a very specific level. I was trying to find the right combination of strength, cardio and flexibility to allow myself to do that and remain successful as a performer.

What is your dance-based interval training like?

If you're not a dancer, it can be counterproductive to dance for hours if you don't have correct posture, if you don't have the right movement patterns or kinetic alignment because it's too much impact on your body for an extended time. I found it to be more effective if you broke it up into intervals.

We do a cardio interval for 10-15 minutes. Then switch to strength interval for 5-10 minutes so that you could encourage and realign the body and encourage specific

THE MOVES

Kaiser shared the below dance-based interval training moves and paired each with a song. Complete 15 repetitions of each or do as many repetitions as you can in 30 seconds.

Agility run

How: Step quickly with your feet, right-left-right to the right side; then left-right-left to your left side. On the last step each time, punch the opposite arm forward.

Song: Dr. Dre's The Next Episode

Hit it

How: Step out to right with your right foot, cross your left foot behind and slap the floor with your left hand. This is similar to a skater or curtsy lunge. Repeat with the opposite leg but instead of slapping the floor go from low to high and make a slapping motion in the air.

Song: The Static Revenger remix of Dev's Bass Down Low

muscles to engage and for the body to reconnect with the core. Every time we do that your posture gets better and your movement patterns get better.

I layer that in with dynamic flexibility at the same time. You're not just stretching at the beginning or end of class; you're stretching all throughout class.

A lot of fitness pros say that out of the three keys to change — exercise, diet and rest — that diet is the most important. What's your perspective?

If you're not rested you're going to be hungrier and you're going to crave food that's not good for you. If you're in a constant state of being exhausted your body is going to try and compensate for that by craving sugar and caffeine and foods that are not going to help you move towards your weight loss goals. And you're not going to have the energy to work out and your muscles aren't going to have the time to recover before they need to work out again. Your workouts are going to get compromised. Ideally, you'll get seven to eight hours a night and if not you can nap. Fifteen- to 20-minute naps have been proven to help.

TORSTAR NEWS SERVICE



Anna Kaiser combines pilates, hip-hop, power yoga, jazz, kick-boxing and TRX suspension rope training into her workouts.

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When you're just popping in

Travellers traditionally look for two things: the cheapest and fastest way to get to their vacation spots. But now many are opting for a layover — a sort of bonus trip, where they can spend a day or two before heading to their final destination. We take a look at three great layover locations and what you can do there when time is limited. **CATHERINE ROBERTS/FOR METRO**

MEXICO CITY

Once maligned, Mexico City has revamped its public spaces and is the midst of a cultural renaissance. Zócalo, the city centre, is a great place to begin sightseeing. You can see the presidential palace, visit Metropolitan Cathedral, the city's most iconic building, and explore the prehistoric Aztec ruins of Templo Mayor. To sample deli treats and have some complimentary wine, make your way to Mercado San Juan, a 60-year-old market frequented local chefs. Have another day or two? Spend a morning delving into Mexico's past at the anthropology museum or see the pyramids at Teotihuacán. To capture the city's nightlife, head to the bohemian enclave of Roma.

ICELAND

Few countries have been as successful as Iceland in promoting themselves as a layover destination. In fact, the discount airline WOW has been enticing travellers with cheap flights to Europe and no-cost stopovers in Iceland. With virtually no pollution and huge swathes of deserted areas, Iceland just might be the ultimate nature trip. If you're spending anytime in Reykjavík choose a centrally located hotel. The Icelandic Hotel Marina, for instance, has great views of Mt. Esja, lines the harbor and is a 10-minute walk — if that — from downtown. Make sure to pick-up a City Card which gets you into galleries,

geothermal pools, museums and on all city buses. A definite must-do: take a dip in a thermal swimming pool — it's an Icelandic tradition — and visit the Harpa concert hall. This architectural stunner consists of 12,000 square metres of translucent glass blocks. Then, leave the city and see some of the island's natural attractions such as the Geysir and Gullfoss or spend the day horseback riding, trekking, or whale-watching either with a tour group or on your own. Reykjavík's nightlife is as legendary as its Northern Lights, so why not end your stay at one of many venues that are by day mask as cafés but by transform as lively night bar rooms.

HAWAII

Thinking of heading Down Under but dread that long flight to Sydney? David Griffiths, a luxury travel specialist with Vancouver's Carlson Wagonlit Omega Travel, says Hawaii is an ideal place for a layover. To get the most out of your short stay on O'ahu, you might want to rent a car. The entire island takes around three hours to circumnavigate, so in between lounging on the sand or surfing at Waikiki Beach, check out the panoramic views of the island by hiking to the summit of Diamond Head. And go "eye-to-mask" with tropical fish in Hanauma Bay, where you'll find some of the best snorkeling.

OTHER GREAT LAYOVERS

Rome Italy's capital, with its unrivaled art collections and long history, is best taken in on a walking tour or on a Vespa. Don't miss: The Pantheon, the national museum, Villa Borghese and Campo de' Fiori.

Istanbul This is a city like no other. It straddles two continents, is simultaneously ancient and modern, and is equal parts religious and secular. Visit Aya Sofya, take a cruise on the Bosphorus and spend time at the Spice Bazaar.

Dubai: This desert wonderland is a shopping mecca. For gold (Deira Gold Souq), for textiles (Bur Dubai Souq) and for the "mother of all malls" (Dubai Mall).

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Walking among the reclaimed ruins

PINAWA

Abandoned dam adopted by nature and non-profit

Walking amid the crumbling ruins of the Pinawa Dam feels a bit like stumbling onto the set of a post-apocalyptic movie.

Chunks of concrete have fallen or eroded from the massive, 13-metre-high structure. Trees and grass are growing on and around what is left.

Nature is reclaiming the site of Manitoba's first year-round hydro-electric generating station, more than a century after it was built and 65 years after it was decommissioned and, briefly, subjected to military exercises that included the use of dynamite.

The dam is now the centrepiece of a provincial park and is strikingly accessible. Visitors can walk around the structure and, in some places, directly on top of it. Hop into a boat or canoe and you can wind your way through the bottom of the ruins, staring up at the empty chambers



The Pinawa Dam in Eastern Manitoba was decommissioned in 1951 and is now the centrepiece of a provincial heritage park. Visitors can walk around and on parts of the massive structure, which is slowly being reclaimed by nature.

STEVE LAMBERT/THE CANADIAN PRESS

where turbines once captured the power of the Pinawa Channel and where bushes and trees now grow. It is eerily quiet inside the remnants of this hulking industrial relic.

"It's a unique way that you can touch a piece of history," says Morgan Hallett, eastern

region parks specialist for Manitoba Sustainable Development.

"You can see things that ... normally you would see from afar. Now you can actually see how big things are when you can stand next to them and get that kind of perspective."

Built in 1906 for the growing

needs of Winnipeg, the dam was decommissioned in 1951 to make way for a larger generating station downstream. There was not much in the way of environmental remediation in those days, so the equipment was removed and a nearby town site was dismantled. But the concrete remained.

"The first time I saw it, I couldn't believe there were these ruins in the middle of the bush," Vivian Thomson recalls of the occasion she came across the dam shortly after moving to the area in 1968.

Thomson and other area residents later established Friends of Old Pinawa, a non-profit group that has helped with amenities at the site, which became a provincial park in the 1980s and was expanded in 2009.

The park covers 25 hectares and includes walking trails, a small amphitheatre and interpretive signs that detail the area's rich history.

Friends of Old Pinawa have helped make the site very user-friendly — earth fill and fences were put up over the years so that visitors can walk right alongside the structure and on top of one section. Visitors can

IF YOU GO

+ The park is a 90-minute drive northeast of Winnipeg, near the town of Pinawa. The last seven kilometres are on a gravel road (Provincial Road 520).

+ There is a short, easy trail from the parking lot to the two main lookout points. Other trails that take visitors around the structure require walking among large rocks, but there are small bridges and walkways over the more tricky sections.

also scramble among the rocks that surround the dam and walk in the nearby forest where deer and other wildlife are often seen.

"(The dam) was a really great feat of engineering. It's a really tough site, but ... slowly, as you can see, with the weathering and the wind and the rain and the snow and the different plants that grow on it, we're going to be able to see how it melds in with the park that surrounds it," Hallett says. THE CANADIAN PRESS



CANADA'S OLDEST TRAIL BRUCE CELEBRATED WITH GUIDED HIKES Free guided hikes on the annual Bruce Trail Day — this year it falls on Oct. 2 — celebrate Canada's oldest and longest marked footpath. Nine locations will be featured, with hiking clubs hosting the outings. Along the trail's southernmost Niagara section, an excursion will take in views of vineyards and orchards. At Limehouse in Halton Hills, Ont., walkers will visit restored lime kilns and ruins. Free shuttle buses will be available to bring participants to Limehouse from Toronto. Other locations to be explored include Dundas Valley Conservation Area, Glen Haffy Conservation Area, Mono Cliffs Provincial Park, Hogg's Falls in Beaver Valley, and Lion's Head on Georgian Bay. The Bruce Trail stretches more than 890 kilometres along Ontario's Niagara Escarpment, a UNESCO world biosphere reserve. THE CANADIAN PRESS/ISTOCK

It's a unique way that you can touch a piece of history.

Morgan Hallett



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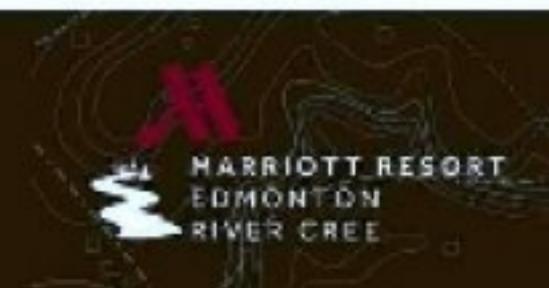
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TRAVEL NOTES AVATAR, RIVER BREWS AND RUSHMORE

New exhibit invites Avatar fans to visit Pandora in person

Fans of the film Avatar can now experience Pandora in person. The Avatar: Discover Pandora exhibition will open in Taiwan in December before travelling the world next year. Fox Consumer Products said Monday the exhibit will feature flora and fauna from the fictional planet as well as interactive experiences with its indigenous population, the Na'vi. Avatar: Discover Pandora will be on view in Taipei for three months. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

Strange brews: Making beer with Boston river water

Some of New England's leading breweries are competing to see who can turn the questionable water of Boston's Charles River into the tastiest suds. Six area breweries have signed on for the first ever Brew the Charles challenge. The competition is a highlight of HUBweek, a weeklong Boston-area festival celebrating innovation in art, science and technology, starting Sept. 25. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

Mount Rushmore a boon for tourism, creativity

A historian thought sculptures of significant Western figures might bring more people to the Black Hills of South Dakota and ran it by an artist in 1924. Sculptor Gutzon Borglum told the historian to think bigger. He began carving four presidents' faces into the granite pinnacles. October marks 75 years for the Mount Rushmore National Memorial, which is a muse for political cartoonists and makes frequent cameos in movies. THE ASSOCIATED PRESS



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African-American journey gets museum



The crown on the head of this sculpture by Nigerian artist Olowe of Ise helped inspire the design of the Smithsonian's National Museum of African American History and Culture in Washington, DC. CHIP SOMODEVILLA/GETTY IMAGES

WASHINGTON

Five-storey space to honour black experience

When the Smithsonian Museum of African-American History and Culture opens this week alongside the Washington Monument and the National Museum of American History, it will firmly — and finally — anchor the black experience in the nation's narrative.

Fifty years after the end of the Civil War, black citizens in Washington, D.C., formed the National Memorial Association with the purpose of "erecting a beautiful building suitable to depict the Negro's contribution to America." It would be, they said, "a shrine for posterity."

It has taken a century for their dream to be realized in Washington. During that time, other monuments and museums celebrating the stories of other Americans were proposed and built in the nation's capital.

On Saturday, the long wait is over: America's first black president and first lady will preside over the museum's opening.

Thousands are expected to attend the museum's inaugural weekend, and millions more will virtually experience the milestone via social media.

The imposing space on the National Mall likely will set visitor records. And in an era informed simultaneously by the historic election of U.S. President Barack

Obama and a succession of killings of unarmed black men at the hands of police, it is a building that will affirm for many that black lives matter.

Its facade is unlike anything else in Washington. The building's outward design — known as the Corona — features walls reaching skyward, evoking the resiliency, faith and hope that has sustained black Americans since they were brought to the country in bondage. Its three-tiered shape is inspired by a symbol from the Yoruba people of West Africa featuring a crown. The 3,600 bronze-colored panels surrounding the building are a tribute to the 19th-century ironwork created by slaves in New Orleans.

"The structure itself is imbued with meaning," said Phil Freelon, the lead architect for the museum. "All these things are subtle. That's intentional. It has a certain sense to it that is African-American, in the way that our culture is expressive in other areas."

It is a building that fulfills the original vision of the association members. In a letter addressed to state representatives across the country, the group pled their case

for a national memorial, saying, "General memorials do not make the average American think of Negroes. Therefore, the failure to erect a special memorial may and probably will be interpreted as meaning that Negroes have made no great contribution to American advancement in war or in any other field."

Standing five stories high with 60 per cent of the building below ground, the 400,000-square foot structure attempts to hold four centuries of black history. Visitors begin by descending to the basement and then walk up a series of ramps winding through the origins of slavery, to the bonds of Jim Crow, to an integrated society. Exhibits on the upper floors highlight the unique contributions of blacks to areas of American life, including the military, sports, music, visual arts, film and television, business, news media and religion.

Marcia Morris, a 12th-grade English teacher who lives in nearby Fairfax, Virginia, has closely followed news reports as the museum acquired rare treasures and opening day approached. "The closer it came to completion, the more real it became," she said.

As construction progressed, Morris thought often of her deceased grandparents, who lived during segregation.

"A museum just dedicated to the history of black people? That was not in the realm of (my grandfather's) thought process," she said. "They weren't educated. I know the things my grandparents went through. I think we owe something to that generation."

I think we owe something to that generation.

Marcia Morris, English teacher

'Born travellers, but society makes us tourists'

WORLD TOURISM DAY

CEO talks about making travel sustainable

Emina Gamulin
Metro | Toronto

Anyone who has ever gone travelling will attest to its ability to provide new experiences, challenges and inspiration.

But how true this is for any given trip depends a lot on how you do it, says Bruce Poon Tip, founder and CEO of G Adventures, a Toronto-based travel company that focuses on smaller group tours.

"The biggest problem with tourism is the consumer is being marketed to that bigger is better," he says.

"Resorts are getting more inclusive and getting bigger and are becoming compounds more than holiday places and don't represent the region anymore."

He says some of the joys of travelling are experiencing other cultures and interacting with local residents, which just doesn't happen if you don't leave your comfort zone.

Speaking with Metro ahead of Sept. 27, better known in the industry as World Tourism Day, Poon Tip discussed sustainable travel and how consumers can make better choices.

While he points out it's a complex topic that's hard to do justice in a few hundred words, he does offer simple tips for those who want a different type of experience.

- He says travellers should ask their providers questions about who owns the company and where the money is going and make it a point to spend at shops and restaurants outside of all-inclusive properties. "The consumer in my mind has all the power to create change in tourism," he says.

- On a more philosophical level, he encourages people to examine their motivations for travelling. "Travel could be one of the greatest forms of wealth distribution the world has ever seen, and all it takes is for people to match the values of the way they're living at home to their holiday choices," he says. "We're all born travellers, but society makes us tourists."



Bruce Poon Tip says a lot of travel experiences have become too sanitized. "If you want all the comforts of home, stay at home," he says. COURTESY G ADVENTURES

NEXT BIG THINGS IN TRAVEL

Poon Tip shares his picks for the next big destinations:

Galápagos Islands

"It's the perfect holiday between education and beauty, because you learn about Darwin's theories of evolution while being in such a stunning place."



Japan

"There's a run-up to Japan for the Olympics. It's such a unique and curious place. Their young generation is crazy — their art is like nowhere else."



The 'stans

"They've recently lifted travel restrictions in all of the 'stans (the Central Asian countries whose names end in -stan). It's a beautiful undiscovered place. It's a very unique culture, a cross between Asia and Europe."



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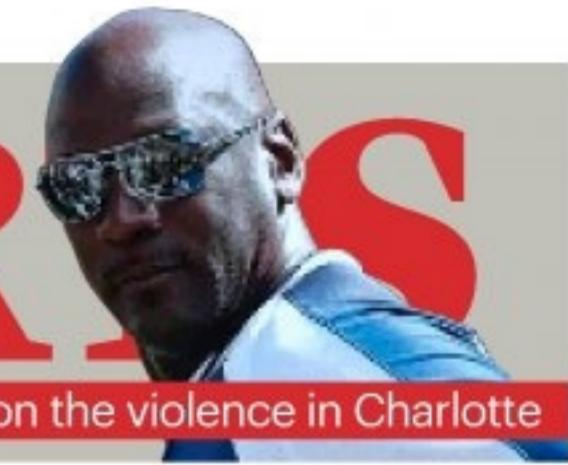
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"It is more important than ever that we restore calm and come together": Michael Jordan made a statement on the violence in Charlotte



Whiz kids turn heads

WORLD CUP OF HOCKEY

Talent on Team North America deliver on buzz despite ouster

Connor McDavid and Auston Matthews may never again line up together wearing the same colours, but if head coach Todd McLellan has his way the concept of Team North America will live on at the World Cup of Hockey.

"If I get a vote I'd like to do it again," McLellan said. "We've proven that this young generation can play with the older ones. We've been very entertaining. I think if you surveyed 99 out of 100 fans they'd probably say 'Put 'em in again.'"



Auston Matthews
GETTY IMAGES

Donning silver, black and bright orange uniforms, the squad of 23-and-under stars from Canada and the United States delivered on the buzz.

They were an exhilarating rush of speed, skill and excitement in three tournament games, presenting awesome combinations of young talent together on one stage. The roster included the last four No. 1 overall picks and five of the last six dating back to 2011.

"I think we've definitely

turned some heads and opened the eyes of everyone," said McDavid, the team's captain.

No connection offered more intrigue than Matthews and McDavid, future cornerstones of their respective teams in Toronto and Edmonton. The two flashed explosive speed and creativity together alongside Winnipeg Jets star Mark Scheifele or Buffalo forward Jack Eichel, the second pick behind McDavid in 2015.

It was the allure of combina-

SEMIFINALS

SATURDAY

Russia at Canada, 7 p.m. ET

SUNDAY

Europe at Sweden, 1 p.m. ET

tions like that that made North America, which was eliminated Thursday after Russia's 3-0 win over Finland, the most hyped team of the tournament.

"I think we've meshed pretty

well together over the course of these three games," said Matthews, who had three points in three games alongside McDavid, who had three assists.

"I think that definitely everyone on our team has had a good showing," said McDavid. "I think the future looks good for the under-23 guys."

Matthews and McDavid weren't the only No. 1 overall picks to shine for North America.

Nathan MacKinnon, the top pick in 2013 and still only 21,

dazzled on the overtime winner against Sweden. All alone against Lundqvist, the Halifax native eluded a poke-check, delivered a wicked deke and then roofed a backhand for his second goal in three games.

Ryan Nugent-Hopkins, the top pick in 2011, also had three points in three games for North America.

Aaron Ekblad, the Florida Panthers' No. 1 pick in 2014, withdrew after only one game because of a suspected concussion.

THE CANADIAN PRESS



Connor McDavid stickhandles past a couple of Swedish players on Wednesday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

I didn't think we'd have as big an impact on the hockey world as we have had so far.

Coach Todd McLellan

IN BRIEF

Johnson tied atop field at Tour Championship

Dustin Johnson hit out of a bunker to two feet for birdie on his first hole and kept right on rolling to a 4-under 66 for a three-way tie of the lead Thursday at the Tour Championship.

Hideki Matsuyama had six birdies and Kevin Chappell played bogey-free to join Johnson at 66 on a tough day for scoring at East Lake.

Johnson only has to win the Tour Championship to capture the \$10-million FedEx Cup bonus.

THE ASSOCIATED PRESS

NBA looks for 'positive change' with its players

NBA players are being urged to reach out to league and union officials to try and come up with ways to create "positive change" in communities around the country, a move that comes in response to protests in other sports about racial oppression and other social matters.

THE ASSOCIATED PRESS

Upton, Martinez power Tigers past Twins

Justin Upton and Victor Martinez homered as the Detroit Tigers picked up another win in the AL wild-card chase, beating the Minnesota Twins 9-2 Thursday in the opener of a day-night doubleheader.

Detroit began the day one game behind Baltimore for the AL's second wild card.

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Win streaks at stake between old friends

CFL

Mitchell counts Nichols as an influence in his career

There's much more to Bo Levi Mitchell and Matt Nichols than just being the quarterbacks of the CFL's two hottest teams.

Mitchell succeeded Nichols as the starter at Eastern Washington in 2010 after Nichols served as Mitchell's host when he transferred from SMU.

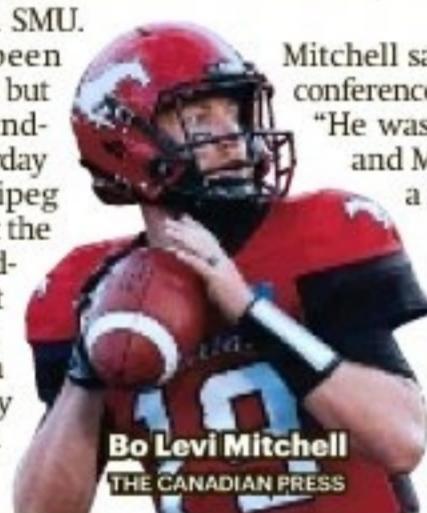
The two have been good friends since but will put the friendship on hold Saturday when the Winnipeg Blue Bombers visit the Calgary Stampeders in a key West Division matchup.

"Matt was a huge reason why I went to Eastern Washington,"



The Stampeders began their winning streak by beating Matt Nichols and the Blue Bombers 33-18 on July 21 in Winnipeg.

JOHN WOODS/THE CANADIAN PRESS



Bo Levi Mitchell
THE CANADIAN PRESS

Mitchell said during a CFL conference call Wednesday.

"He was my host ... me and Matt had a hell of a night that night."

"I went there and picked up where Matt left off and ever since we've always kept in touch, we've always been

friends. I want him to do well on the field when I'm not playing against him. When I'm playing against him, I want him to ball out but lose the game."

Ditto for Nichols.

"Sometimes we're watching Calgary play (and) my wife will cheer when Bo throws a touchdown or something," Nichols said. "I'm kind of looking at her, 'Hey, actually, we need them to lose.'

"Bo is one of those guys I always root for unless we're playing against him. We're friends before and after the game and we're definitely going to compete."

Mitchell has led Calgary (10-1) to nine straight wins and an 11-game unbeaten streak while Winnipeg (8-4) has recorded seven consecutive victories under Nichols. According to the CFL, the combined 16 wins in the same year is a league record.

But that's of little solace to Mitchell.

"It's obviously great for both teams to be on the win streaks that we're on but at the end of the day somebody's win streak is going to (end)," he said. "It's just our job to make sure we go out, don't overthink it, don't see them as guys who've won seven in a row."

"Just see them as who they are, a football team coming in trying to take a win in the division on the road against you and make sure you don't let that happen." THE CANADIAN PRESS



NFL NEW MAN UNDER CENTRE FOR PATRIOTS

New England Patriots quarterback Jacoby Brissett dives into the end zone for a touchdown against the Houston Texans on Thursday night in Foxboro, Mass. Brissett got the start over the injured Jimmy Garoppolo, who inherited the starting job when Tom Brady was suspended for "Deflategate," and became the first rookie starting QB for New England since 1993. For the story, go to metronews.ca. ADAM GLANZMAN/GETTY IMAGES

NCAA FOOTBALL

Clemson dominates first half, beats Georgia Tech

Deshawn Watson and No. 5 Clemson finally turned in the performance everyone was expecting, totally dominating Georgia Tech in the first half on the way to a 26-7 victory Thursday night.

After sluggish wins over Auburn and Troy, and a practice-like rout of FCS school South Carolina State that meant nothing, the Tigers (4-0) won at Georgia Tech for the first time since 2003 to set up a huge showdown with No. 3 Louisville.

Watson was 32 of 48 for 304 yards and two touchdowns.

Wayne Gallman added a one-yard TD run for Clemson.

THE ASSOCIATED PRESS

NFL

Panthers' Davis says show should go on

Thomas Davis said the Carolina Panthers' game Sunday against the Minnesota Vikings should "absolutely" be played as scheduled, even with the city being under a state of emergency due to violent protests after this week's police shooting of Keith Scott.

The All-Pro linebacker said football has a unique way of bringing people together and believes the game is something the community needs.

"If you take this game away I think it is going to just continue to add to the stress and add to what is already going on in a negative way," Davis said Thursday.

Gov. Pat McCrory declared a state of emergency in Charlotte on Wednesday night and



Thomas Davis

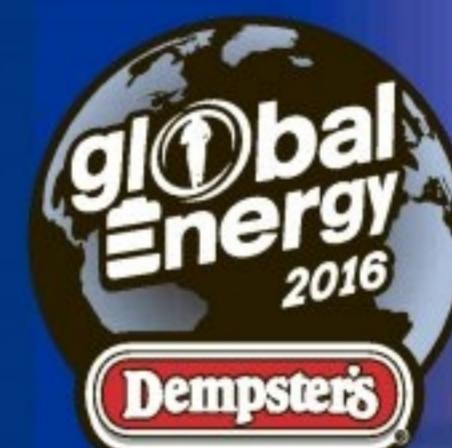
GETTY IMAGES

has sent the National Guard and state troopers in to help restore peace after two nights of looting and rioting.

Panthers tight end Greg Olsen said his family may be more cautious on Sunday.

"My wife usually takes the kids uptown and they tailgate with family and friends, but we said maybe this week we should just come to the game, park in our lot and go up to your seats and get settled in," Olsen said. "Is it worth moseying around in a town that is in such a heightened state of chaos?" THE ASSOCIATED PRESS

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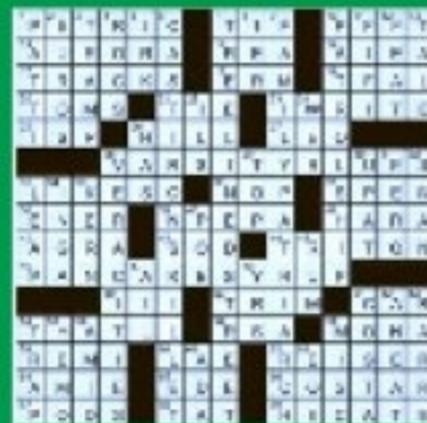


*For complete contest rules and regulations please visit Calgary.GlobalEnergyRaceByDempsters.com

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



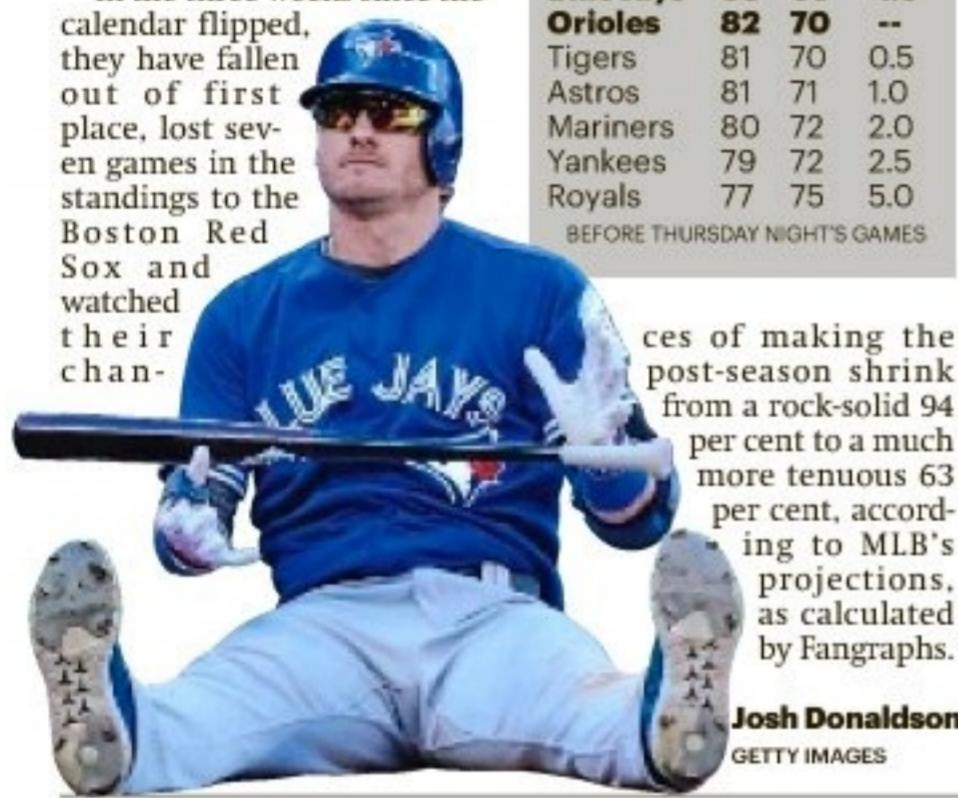
A series of fortunate series

MLB

With 10 games left, Jays hold keys to own playoff destiny

Needless to say, it has been an unnerving month for the Toronto Blue Jays.

In the three weeks since the calendar flipped, they have fallen out of first place, lost seven games in the standings to the Boston Red Sox and watched their chan-



ces of making the post-season shrink from a rock-solid 94 per cent to a much more tenuous 63 per cent, according to MLB's projections, as calculated by Fangraphs.

Josh Donaldson
GETTY IMAGES

STANDINGS

	W	L	GB
AL EAST			
Red Sox	88	64	--
Blue Jays	83	69	5.0
Orioles	82	70	6.0
Yankees	79	72	8.5
Rays	64	87	23.5
AL WILD CARD			
Blue Jays	83	69	+1.0
Orioles	82	70	--
Tigers	81	70	0.5
Astros	81	71	1.0
Mariners	80	72	2.0
Yankees	79	72	2.5
Royals	77	75	5.0

BEFORE THURSDAY NIGHT'S GAMES

They have since bounced back, buoyed by a boisterous crowd of British Columbians at Seattle's Safeco Field to earn a key series win against the wild-card chasing Mariners.

Winning the division is still mathematically possible, but highly unlikely. Their chances of securing a wild-card spot, however, are pegged between 70-75 per cent, depending on the forecaster.

Those are strong odds, but no sure thing. The Jays have the fourth-toughest remaining schedule of any team in the majors, based on the aggregate winning percentages of their opponents.

Playing seven of their last 10 at home, where they have a healthy .568 winning percentage and have drawn the highest attendance in the American League, will help.

Beginning Friday, the Jays host the New York Yankees in a four-game series followed by a crucial three-game set against the Baltimore Orioles, against whom the Jays are currently jostling for wild-card position.

The Jays should aim to emerge from those games



within striking distance of the Red Sox — who have looked unstoppable this month — as they head to Fenway Park for the season finale.

Rookie GM Ross Atkins said despite his club's wobbly September, it hasn't felt any tougher to watch the games down the stretch.

"There might be heightened tension, like there is for players and fans, but that's why we

do it, that's what we want," he said Thursday. "The fact that it's Sept. 22, 10 games to go and we're in the playoffs is a great situation to be in and one that many teams aren't in. We certainly would prefer to be at the top of the division, but we feel great about the team moving forward and our chances of getting in."

Atkins says he appreciates fans' angst and nervousness at

this time of year, but he tries to stay even-keeled.

"I focus on what I can do to help," he said. "There's some reflection on 'Were there missed opportunities?' but mostly it's looking forward at improvement and striving to get better.... I think that's what creates the best environment and that's what I set out to do."

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RECIPE Waffled French Toast

PHOTO: MAYA VISNEK

Ceri Marsh & Laura Keogh
 For Metro Canada

If you have a waffle maker, dust it off because it doesn't just make great waffles. Witness Waffled French Toast: puffy, light and no standing at the stove waiting to flip.

Ready in 15 minutes

Prep time: 5 minutes
 Cook time: 10 minutes
 Serves 4

Ingredients

- 1 cup milk
- 4 eggs
- 1 Tbsp sugar
- 1/2 tsp cinnamon

- pinch salt
- 8 thick slices of thick bread
- Non-stick cooking spray

Directions

1. In a shallow bowl, whisk together milk, eggs, sugar, cinnamon and salt until everything is well combined.
2. Soak each slice of bread in the egg mixture.
3. Coat your waffle maker with non-stick cooking spray. Cook waffles according to manufacturers directions and serve with maple syrup or Greek yogurt.

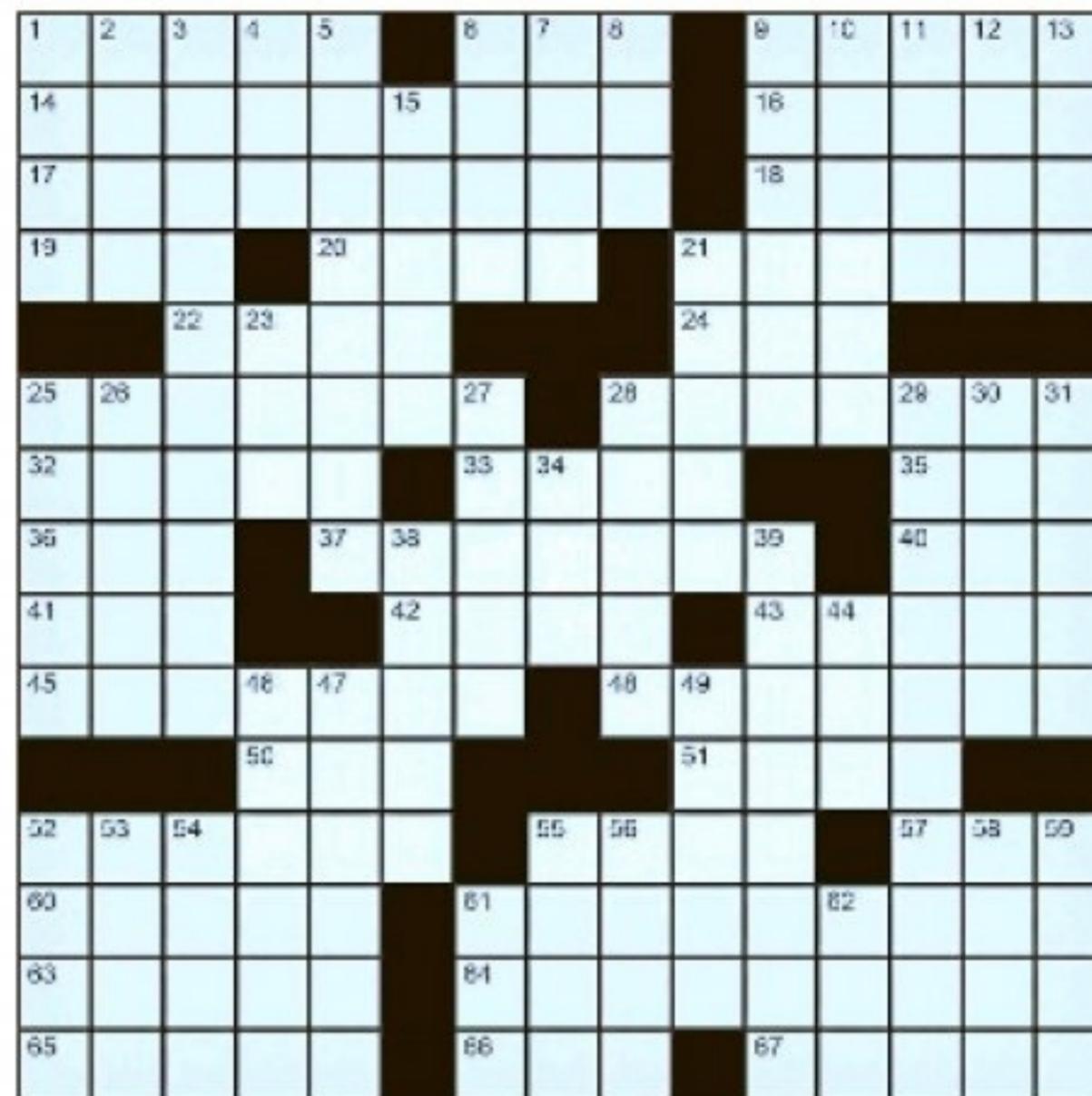
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. How roast beef might be served: 2 mts
6. Home, briefly
9. At the stem in sailing
14. They resemble green bananas
16. Egypt's capital
17. The Charleston and The Twist, for example: 2 wds.
18. South American mountains
19. Hydroelectric project
20. Rivers: Spanish
21. Groups of eight
22. Pkgs. requiring payment
24. The Company org.
25. Grows, as bank interest
28. City just southeast of Montreal
32. Makes level
33. Frost
35. 'Select' suffix
36. Poet's 'throughout'
37. Legendary Canadian rock band
40. Fleur-de-__
41. Size between Small and Large, for short
42. Yearn
43. Writer wife of composer Irving Berlin
45. Canadian band with the 1972 hit "Wildflower"
48. Actress Ms. Dawson
50. Cards symbol
51. Like dry Spanish wine
52. T.O. basketballer
55. Pet shelter gr.
57. Angkor __ (Temple in Cambodia)
60. Aunt in Oklahoma!
61. General Manager of the Edmonton Oilers, Peter __
63. Ms. Close the actress
65. Pet shelter gr.
66. Dollop with potato
67. Latkes: 2 wds.
68. Places for fans in arenas
69. T' of TGIF
70. TV actor Sean
71. Character
72. "Rocky" (1976) star __ his initials-sharers
73. Ukulele wood
74. Rooster logo book publisher
75. Verdi opera
76. Mr. Savage
77. Chuck
78. Fennel-like

**DOWN**

1. Two peas in __
2. The Producers

flavour
 21. Autumn hue
 23. Miner's find
 25. Molecular bits
 26. Fish __ Provincial Park, AB
 27. Suddenly scare!
 28. Escapade
 29. Hairstylist who is a regular guest expert on "Cityline": 2 wds.
 30. Gladiator's 58
 31. __ ? __ Maybe? (What do you think?)
 34. "SIMPLY AMAZING!"
 38. More unique
 39. __ In Motion (BlackBerry's old corporate name)
 44. Lake: French
 46. Underlying
 47. Squirrel caches
 49. Lyricist, __ Hammerstein II
 52. Li'l rules
 53. Pas __ (Ballot move)
 54. Request
 55. Filmed a movie
 56. Name of several Popes
 58. Wings, to Nero
 59. Canuck coffee venue, to regulars
 61. Li'l show on Marg Helgenberger's CV
 62. Mesozoic __

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
 Many of you have ideas about how to make improvements at work. Others have ideas about how to make improvements to their own health. Don't hesitate to act on these impulses.

Taurus April 21 - May 21
 This is a powerful day for those of you who are involved in teaching children. You might be able to say something that really impacts a young mind; hopefully, for the better.

Gemini May 22 - June 21
 This is a good day to tackle home repairs and do recycling and garbage cleanup. This might not sound very exciting, but hey, the results are wonderful!

Cancer June 22 - July 23
 You will be convincing today in all your conversations with others, which is why this is a strong day for those of you who sell, market, teach, act or write. Write on!

Leo July 24 - Aug. 23
 This is a good day to do repairs to something that you own. You might resurrect something questionable and find a good use for it, because you are clever and resourceful.

Virgo Aug. 24 - Sept. 23
 This is the second day this week where the stars want you to take a realistic look in the mirror and see how you can improve your image. What can you do?

Libra Sept. 24 - Oct. 23
 Your ability to seek out solutions to old problems is excellent today. In fact, any kind of research that you do will yield results. Bravo.

Scorpio Oct. 24 - Nov. 22
 You might attract someone very strong to your circle of friends today. Or possibly, you are the person who delivers a strong message to someone else? (It could happen either way.)

Sagittarius Nov. 23 - Dec. 21
 Because you are persuasive today, bosses and VIPs will listen to you. Conversely, you might encounter a boss who is really persuasive as well!

Capricorn Dec. 22 - Jan. 20
 You are eager to introduce reforms and better ways of doing things, especially to politics. This is why your discussions with others will be intense and emotional.

Aquarius Jan. 21 - Feb. 19
 You might be able to finalize certain questions regarding inheritances and shared property today. Issues have been going back and forth; but now they might get settled.

Pisces Feb. 20 - March 20
 Secrets related to your work might come out today. Whatever you do today, you will scrutinize and examine it in depth.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3			1	8
			8	5
1			6	3
6	8			1 3
9				4
5	3			9 2
	7		8	5
		2	7	
4			9	6

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